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THE

Mother's Nursery Guide.

BABYHOOD.

DEVOTED TO

THE CARE OF CHILDREN.

LEROY M. YALE, M.D.,
MEDICAL EDITOR.

VOLUME VIII.
DECEMBER, 1891, TO NOVEMBER, 1892.

NEW YORK AND LONDON:
BABYHOOD PUBLISHING COMPANY.
1892.

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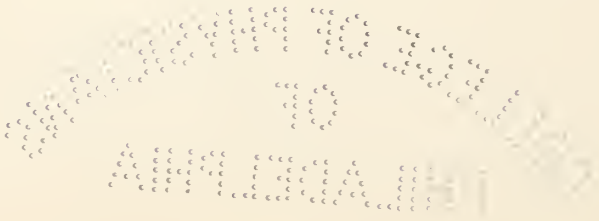

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Benjamin Harrison Mc Kee ("Baby" Mc Kee).

Mary Mc Kee.

Babyhood.

Devoted exclusively to the care of infants and young children, and the general interests of the nursery.

VOL. VIII. DECEMBER, 1891. No. 85.

THE LITTLE FOLK IN THE WHITE HOUSE.

A VISITOR at the Executive Mansion in Washington, having some business to transact one day with Mr. Halford, the Private Secretary of President Harrison, was astonished, and perhaps a little alarmed, at the sudden sound of shrieks and screams, pitched in a high childish treble and coming apparently from the corridor close to the office where he was sitting. The next instant the door was flung violently open, and a pair of human figures—those of a gray-haired man and a little boy in frock and pinafore—plunged in, almost tumbling over each other in their eagerness to reach a certain point at which both were aiming. Their surprise at discovering that a stranger was present was comical, but it was not allowed to interfere with the continuance of their play. The lad, with a loud "Hurry, grandpa, hurry!" drove the old gentleman without further ceremony into an adjoining room, where the President of the United States presently sat down to collect his thoughts for an hour's work on his Annual Message to Congress, while Master Benjamin Harrison McKee arranged the unoccupied chairs in a row to play steam cars till his grandfather should be at leisure for another game of tag.

If any one outside of the Harrison family, even at that time—and it was at least a year ago when the incident happened—had ventured to call Master McKee "Baby," he would have suffered condign rebuke from the lips of that young gentleman, who has persistently rebelled against the affectionate diminutive applied to him by the paragraphers. Whenever he has been approached with the question, "Is this Baby McKee?" he has always answered promptly, "My name isn't Baby." "What is it, then?" "Benjamin Harrison McKee!" He wants the doorkeepers about the White House to be very careful and call him Benjamin; he is not content with Ben or Benny, but insists on the full Scriptural measure of three syllables. He is more particular than ever now that he has reached the majesty of trousers; and he has frequent opportunity for making the outside world acquainted with his preferences, since nearly every party of excursionists who visit the premises make a point of inquiring for him, and their salutations usually require some amendment at his hands. He supports his sense of personal dignity, too, pretty well. He has been brought up to be fearless in the presence of strangers, and he has watched his grandfather's manner of dealing with crowds to some purpose. No matter what he may be doing, he comes promptly at the summons to meet a party of visitors, and, taking off his hat with the air of one used to the obligations of exalted station, passes gravely around the circle and offers his right hand to each person in turn for a polite but undemonstrative shake. The ceremony ended, he is off in a twinkling and deep in his play again.

Benjamin has a sensible mamma, who thinks that he and his little sister Mary are better off playing in the open air and in the dirt than kept in a perpetual state of spick-and-span tidiness when there is no call for their being in a specially presentable condition. So they go with their nurse, a good-tempered German woman, into the private grounds back of the White House, where they have

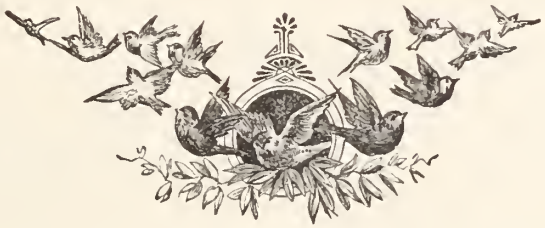
their spades and rakes and hoes and dump carts, and dig up all the loose sand that is carried by the rains into the bricked gutters at the sides of the paths. They are as efficient at this work as a pair of young gardeners could be, except that they have, in common with children in less pretentious homes, a passion for going off in the very midst of their self-appointed tasks and leaving to some older person the duty of picking up the *débris*. One of Benjamin's hobbies in the garden is collecting brush. It rarely happens that he comes in from play without dragging into the house after him a big branch or bough which has fallen from one of the trees; and the President wore for some days lately, on his forehead, a painful reminder of an accidental meeting with his grandson, laden with the customary trophy, when the two attempted to get through the same door at the same time.

Constant contact with his nurse has made Benjamin so much of a German that he speaks the language of the Fatherland almost or quite as fluently as his mother tongue, Little Mary has not got to the point where her talents as a linguist can fairly be judged, but she is picking up something all the time. She is, like most younger sisters, a devout admirer of her brother and a faithful imitator of all he does; and their mamma makes no distinction between them yet as to their diet and general regimen, in spite of the fact that Mary is only three years old and Benjamin four years and a half. They have their hearty meal together in the middle of the day, at the hour when the elders of the family eat luncheon; and at night they take their supper of bread and milk and such harmless viands, and are carried off to bed at seven or a little after. It is pleasant to note that the atmosphere of deference with which they are surrounded and the foolish things thoughtless people are continually saying in their hearing, have not spoiled them in the least; but, thanks to their sensible bringing-up, they are a pair of as natural, wholesome, happy children as could be found in this country anywhere. Benjamin has a good deal of native dignity which saves him from the disagreeable habit of being for ever "on exhibition," and little Mary is a sweet-natured lover of the whole world, with a wealth of demonstrative affection which she lavishes upon any one who shows a responsive disposition.

Of course, the weather is not always fair in Washington, and when it rains too hard for the children to play out-of-doors they have to find their amusement within. Mary has an assortment of toys of the conventional sort—dolls and tin horses and the like—but Benjamin's soul craves more exalted forms of amusement. His favorite occupations, when compelled to stay in-doors, are playing at carpenter and riding his three-wheeled velocipede. He has a full set of miniature tools, which he loves to ply after his own fashion. Fortunately, he has grown up with ideas of respecting the property of others, or Congress might have to vote appropriations to refurnish the White House several times a year. He confines the exercise of his mechanical faculties to the stray pieces of board which are left lying about by the men who make repairs in the old building from time to time. When he needs more stirring activity, he mounts his painted iron steed and tears around the ground floor of the Executive Mansion as if the fiends were after him. He is very skillful in guiding the machine, and makes sharp curves with as much dexterity as a professional rider. His special arena is the great lobby in the north front of the house, where there is a mosaic floor offering the slightest amount of friction. It is not the ideal place for a race-course, as it is separated from the furnished hall and the series of drawing-rooms only by a huge screen of leaded cathedral glass. The deviation of an inch or two, sometimes, when making one of his acute curves, would send Master McKee's wheel, and possibly Master McKee himself, through the glass, and prepare a case for the decorators and the doctors at once. But skill, fearlessness and a clear head have thus far averted the peril, and screen and boy have shared many a "close call" unharmed.

Mrs. Harrison is a grandmother of the

familiar American type, devoted to the little people and continually concocting something for their enjoyment, which now and then—it is whispered—stern fate in the shape of maternal discipline swoops down upon and condemns. It is one of the unsolved mysteries in most households, why grandma's good things and mamma's rules must so often come into collision; but there is no denying that they do, even in a President's household. The President is not less fond of both his daughter's children than Mrs. Harrison, but he naturally finds more companionship in the society of Master Benjamin than in that of Miss Mary. The fact that the little fellow was named for him only partly accounts for his delight in his first-born grandchild. It is not necessary to more than glance at the portraits of man and boy to discern a deeper-seated reason for the bond between them. There are the same breadth of forehead, the same eyes, the same general contour of face; in short, the boy speaks his descent in every lineament and feature. The same traits of nature and disposition stand out in sire and scion, according to the testimony of old family friends who have had the best opportunities to observe and compare them in their home. In the midst of a day of harrassing public cares, the President can find recreation by going back for a while to his childhood—studying the almost comical reproduction of his juvenile self in the little lad by his side, even to the sturdy assertion of will and the short, sharp flashes of temper which tradition ascribes to him as a schoolboy. Master McKee is a Harrison through and through, except in surname; and his grandfather glories in that fact as much as he might in a new honor crowning his public career.



NURSERY VENTILATION AND WARMING.

BY LEROY M. YALE, M.D., NEW YORK.

THE coming of cold weather brings again the ever recurring question: How shall we warm and how ventilate our rooms? In summer and in mild weather the matter for a great part takes care of itself. Then every one is less indoors, and the children can run abroad and get as pure air as the neighborhood affords. When they are indoors the windows supply abundant ingress for pure air and exit for foul. With the season of closed windows and doors and of artificial heat, all is changed, and a discussion of some of the most urgent needs and simplest devices is always in order.

If one were building a home it would be possible to arrange the heating and the ventilation sufficiently well with but slightly increased expense. But most persons either buy a house ready made or rent one, and the house manufacturer is not likely to expend money where it will not be seen or appreciated by the average customer. We usually must take houses as we find them and often are unable to make more than the most absolutely necessary expenditures at the start. By this we do not mean that ventilation and warming are not of the first importance, but that they are not the first things thought of as necessary by most persons.

Nursery or Living Room.

It is assumed that the readers of BABYHOOD having a house have in it a nursery,

whether it be specially set apart as such or not. If it be necessary that the children be constantly in the same room with the mother and other adults, it is to be understood that what is said below of the nursery will apply equally to the general living room.

This nursery or living room, then, should be the sunniest in the house. The influence of sunlight on persons is very great, not only as such but as influencing the quality of the air. Almost always, except in the finest houses, the amount of air space is far too small for the number of occupants, and in many places room is so dear that it is impossible for most persons to get enough. But by sunlight the deficiency can to some extent be atoned for. We will assume, then, that the room is the best attainable under the circumstances, and will consider the means of warming and ventilating it.

Heating.

When the room is warmed by any contrivance in the room itself the warming is described as the *direct* method; if the heat is obtained by means of air warmed elsewhere it is called the *indirect* method. Of this latter method, whether it be carried out by any of the varieties of hot-air furnaces or heaters, by steam, or combination of the two, we have little to say, because with such forms of heating apparatus there is little difficulty in getting sufficient and properly distributed heat. We shall have a few words to say about the supply of cold air to all kinds of heating apparatus when speaking of ventilation. When air of good quality and of proper temperature is introduced into a room by the indirect method the problem of ventilation becomes practically one of exit of foul air.

The Open Fire.

But it is a minority of houses that are so warmed, and we have to consider the chief methods of direct warming, namely, the open fire and the stove in its varieties. The open fire on the hearth or in the grate is a charming object to look at, and there is a sentiment about one's fireside that no one has ever recognized about a steam radiator or the "hole in the floor." It serves, too, as an excellent ventilator, taking the foul air from near the floor, and thus constituting, although unintentionally in the first instance, a good example of the well-approved method of base ventilation. But it has the disadvantage of not only taking foul air up the chimney, but with it a very large proportion indeed of the heat of the fire, and hence it is the costliest method of heating that we employ. In countries where fuel is very cheap, as in wooded districts, it may be on the whole cheap enough, but the same fuel consumed in some other way would be immensely more economical. Another disadvantage is that the open fire does not equally warm the room. The escape of the heat up chimney and the exit of foul air by the same opening create strong draughts toward the fire, and the influence of the heat is not much felt, except in its immediate vicinity especially within reach of its radiation. For nursery use it has the additional disadvantage of danger to children unless very efficient wire guards are placed before it.

Stoves.

The close stove represents the opposite extreme of economy of fuel with no direct assistance to ventilation. This latter peculiarity is, however, combined with the desirable one of giving a heat which is conveyed more evenly throughout the room. Further, the temperature can by this means be more evenly sustained, particularly if the better types of coal stoves be used, than by an open fire. Various intermediate types have been devised to overcome the several disadvantages. The Franklin stove and certain grates with iron back plates, behind which is a flue for cold air which is warmed in passing on to the room, diminish the waste of the heat while the ventilating value is preserved. But for really cold climates these contrivances are inadequate. Practically, then, the only direct method of heating in such a climate is by some kind of stove.

The temperature to be aimed at should be from 65 to 70 degrees Fahr. In England and in some other countries a lower temperature is thought sufficient. Whether theoretically we should also do as well with a lower tem-

perature or not, practically we must set the standard as we have given it, for during a considerable part of our year we are obliged to have, in doors and out, a considerably higher temperature even, with no means of materially modifying it, and in the cold season we must for safety keep our own house somewhere near that of other houses which we must needs visit, and the mercury in the nursery at about the same figure as in our other rooms.

It is, however, of less importance what the exact figure is than that this temperature should be pretty uniform; for instance, a fixed temperature of 65 degrees is better than a fluctuation from 60 to 70 degrees Fahr., even if it averaged exactly 65 degrees. For little children it is safer to set the standard above 65 degrees than below. Our means of heating, therefore, should be one that will give a pretty uniform heat even at night, for night chilling is very undesirable, if not hazardous.

Proper Ventilation.

As every one knows, ventilation includes getting rid of foul air and replacing it by pure air. The air we breathe is never quite pure at its best; absolutely pure we would not wish it to be, as that would exclude all moisture. In practice we mean by pure air atmospheric air containing a variable proportion of moisture (watery vapor), of carbonic acid, of ammonia and usually of some organic matters. A certain amount of moisture in the air is desirable, excess or deficiency causing discomfort. The other ingredients are probably undesirable (*i. e.*, directly to man) in any quantity, but small amounts are usually present, and if they do not pass certain limits they are tolerated by the system. (The value of the ammonia and carbonic acid to plants which we may use is of course not here considered.) In ordinary air the most important of these ingredients is carbonic acid, because of the great amount that is manufactured by man and set free in the atmosphere, and because of its deleterious effect upon him. In ordinary street air of cities the proportion of carbonic acid is probably on an average not far from 4 in 10,000. The amount permitted in air for breathing should not exceed 6 in 10,000. The amount of carbonic acid in the air of an occupied room, unless it be well ventilated, will continuously increase, until the constitutional effects of the acid (drowsiness, headache, etc.) are felt.

The Chief Sources of Contamination.

The sources of this increase are the lungs of all human beings and living animals in the room, as well as the lights and the fire, in all of which kindred processes of combustion are going on. The results of combustion in the fire are to a large extent carried off through the flues, except where a gas or oil stove without flue is used. In the latter case the products of combustion are turned loose into the air and the effects are very unwholesome if not destructive.

Lights of all sorts nearly always discharge their combustion products into the air and their effects are not properly estimated by the majority of people. For instance, a single 3 foot gas burner (a burner consuming 3 cubic feet of gas per hour) creates about as much carbonic acid as ten persons. A kerosene lamp of good size may, in this respect, be roughly estimated at as equal to six persons; many larger ones are equal to ten or twelve. It will be seen, therefore, that a large supply of air must be insured to render wholesome a room occupied by two or three persons and a lamp at evening.

How to get Fresh Air in.

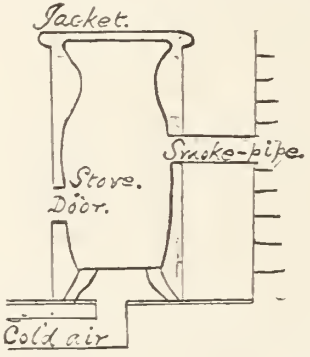
To keep the air as sweet as it should be there should be admitted hourly for each person 50 cubic feet per minute, or 3,000 per hour. It is well to bear this in mind, because this standard, which is required in barracks and even exceeded in hospitals, probably will not be reached in many dwellings heated by any direct method. By keeping it in mind we shall be likely to keep nearer the standard than is usually done. If the indirect method is employed it will be easy to get the supply by a cold air box of sufficient size. It is better to admit a large amount of moderately warmed air than a small amount of very hot air, because a greater supply of air is procured, and its mixture with the air already

in the room is the more readily accomplished. Further, the large volume of warm air makes less draught than the small volume of very hot air. Draughts depend not only upon the temperature, but upon the speed of the moving air, and a current moving 3 feet per second is very recognizable to most persons. The best place for the entrance of air is high upon the wall, so that it may be gradually distributed throughout the room and also create less draught.

The source of the air supply is important, whatever be the method of warming employed. Strange as it may seem, furnaces are often supplied with air from the cellars in which they stand, or by cold air boxes open into damp, sunless and not over-clean back yards or beside gutters, or which are themselves the receptacles of filth. The mouth of the flue should be well up from the ground in as sunny and clean a place as can be found, and that vicinity should be kept clean. We believe that we have at some time already mentioned in BABYHOOD a very fatal outbreak of diphtheria in a country house, which followed and in all probability was caused by the spreading of dressing upon a lawn by the mouth of the cold air box of the afflicted house. Doubtless the dressing was contaminated, and the disease broke out in those rooms only which had furnace heat. The mouth of the cold air box should be protected with gauze, else it may be found to be the kennel of a stray dog or the lodging of a homeless cat.

Ordinarily there is no special air supply to rooms heated by stove or grate, the imperfections of construction or an occasional open window being depended on for air. But a very good air supply can be had at small expense by jacketing a common stove. The jacket can be made of sheet-iron or zinc, decorated if taste demands with an opening for the stove door and another for the smoke-pipe. The cold air is brought into the jacket by a pipe of wood or metal beneath the floor, which pipe may be fitted with a damper (see diagram). The air passing around the hot stove within the jacket passes out at the top warmed, and continuing its upward direction is diffused to a considerable extent before it descends, and thus creates no draught.

If nothing better can be had, at least have some form of window ventilation, *i. e.*, for admitting fresh air. Draughts may be avoided by screens. A very good permanent arrangement is the fixing at the outside of the window casing at the top a sort of hood made

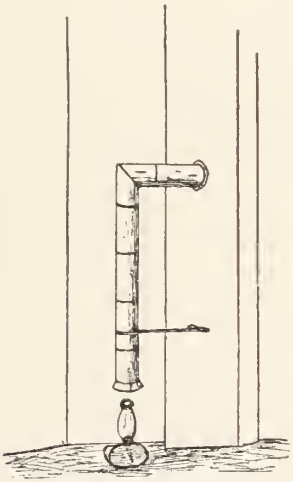


of a board which slopes downward and outward similar to the protection often placed over doors. If this is painted to match the window-casing it is no disfigurement. It allows the dropping of the upper sash of the window a short distance, as it keeps out rain and modifies the force of the inward current. Another good arrangement is the window-board already described in BABYHOOD. The board may fit into the window casing under the window and the ingress of air is then upward between the upper part of the lower panes and the lower part of the upper panes, and the distribution of air is very good. If the board is made to fit the window just inside of the sash, and a piece of felt is fastened to the bottom of the latter so as to make a tight joint, it is still better, as the height to which the lower sash is raised can be changed at will. The two plans—the window-hood and the sash-board—can be combined and thus an entrance and exit gained. A stout cloth, canvas or the like, can be nailed across the window to take the place of the sash-board. A patent arrangement of a sashboard with funnel-mouthed elbow tubes inserted is sold, but we doubt if it has any real advantage over the simple board. We have described only the simplest devices applicable to any

house and at very trifling cost. Systematic ventilation we do not undertake to discuss. Very cheap methods may be introduced, however, when a house is building, which will prove very satisfactory. Our special endeavor just now is to suggest ameliorations of houses already built in which ventilation has not been considered.

How to Get Foul Air Out.

Foul air is not expelled in a mass, but is purified by the constant admixture of fresh air, which dilutes the impurities. And if the amount admitted be sufficient and properly mixed with the foul air the result is finally air which can be safely respired. The air at the bottom of a room where the persons are is probably more impure, and for this reason as well as others, exit for foul air at or near the bottom of the room is the best



on the whole. Herein lies the great value, already alluded to, of an open fire-place. One is of some value even if not used for fire, and can always be made available for ventilation by placing in it a lighted lamp, which increases the draught. If the room has no fire-place, the chimney which is used for the stove can be used for ventilation by the device here illustrated.

If a stove is used the lamp is not necessary. The stove pipe should enter the chimney high up and the ventilating flue a little lower down, but still as high as practicable. If it were above the smoke flue the smoke would be more likely to be driven back into it. When the stove is not needed the lamp may be used to establish the current of air, and the night light may be so used, and shaded in some proper manner if too bright. As we are speaking of nurseries and living rooms, we do not need to speak of rooms having no such outlet as a chimney affords more than to say, that if no outlet be made in the walls the double opening of a window (top and bottom), as already described, will give a tolerable sort of ventilation. It is assumed that, daily at least, the room is vacated for a time while it is regularly "blown out" by a free opening of windows.

As one of the objects of ventilation is an equable temperature as well as a distribution of fresh air, it may be well to mention an effect of windows, even if closed, upon the local temperature in cold weather. It is estimated, using only round numbers, that each square foot of glass will chill one and one-quarter cubic feet of air (really a little more) as many degrees per minute as the difference between the inside and outside temperature. Let us suppose a window 3 x 6 feet—18 square feet. If the inside temperature were 68 degrees Fahr. and the outside 32 degrees Fahr., there would be chilled by this window 810 cubic feet of air 1 degree a minute or a full hundred feet 8 degrees per minute, quite a cold shower bath of air sinking to the floor. Hence the recommendation of BABYHOOD from time to time that in the nursery low articles of furniture should be so placed as to prevent children from going to the windows in cold weather. The articles, of course, should not be high enough to hinder the free entrance of sunlight.

BILIOUSNESS IN CHILDREN.

BY WILLIAM H. FLINT, M.D.,

Physician to the Presbyterian Hospital, New York City.

THE great Abernethy is said to have remarked, with characteristic conciseness, that it is not *work* which causes sickness, but *stuff* and *fret*. These simple monosyllables of that plain-spoken physician are generic terms, probably intended to include all injurious foods and drinks and all states of mental perturbation. Children are comparatively free from *fret*, since they are, happily, so constituted that their griefs are short-lived, but they have their full share of *stuff*, in Abernethy's sense, either through their own lack of discrimination in the selection of their foods or owing to the ignorance and over-indulgence of their guardians and attendants.

It is not the writer's purpose to discourse upon the familiar diseases of children due to dietetic indiscretions, such as gastritis, diarrhœa and the so-called cholera infantum. These subjects have been frequently discussed by acknowledged authorities in the pages of BABYHOOD. It is, rather, the writer's object to call his readers' attention to the more insidious ailments often referable to unsuitable diet or to improper methods in the administration of foods.

A healthy young stomach may, for some time, overcome, unharmed, apparently insurmountable digestive obstacles, successfully disintegrating leaden hot biscuits, tough doughnuts and stinging ginger-snaps, with valorous devotion worthy of a better cause. If, however, evil ways of eating be long pursued, the hour of retributive justice surely approaches, the. long-suffering organ rebels against unnatural duty and the whole system suffers, as in wise old Æsop's fable of the Stomach and the Members. Now, the clinical picture presented by the youthful victim of misplaced confidence in his stomach's ability to deal with digestive problems only capable of solution by the digestive apparatus of an ostrich is somewhat as follows: The appetite is capricious, sometimes ravenous, more often poor or entirely absent; thirst is often urgent, nausea is common, betraying itself by pallor and widely dilated pupils; the bowels are constipated, as a rule, but may be alternately loose and constipated; the skin is dingy or saffron-like in color, frequently dry or harsh to the touch and sometimes itching; the eyeball bears a jaundiced hue; the tongue is coated, sometimes white and sometimes brown; the breath is offensive, the urine scanty and high-colored, depositing a pinkish sediment, the stools white or clay-colored, the pulse slow and feeble, the hands and feet sometimes hot, but generally cool and moist. Slumber is disturbed, the little patients often tossing, moaning and crying out in their sleep. They are irritable, peevish and fretful; they complain of pains in the bones, the joints and the muscles; they are easily fatigued by slight exertion; they cannot concentrate their attention on any subject and are dull and sleepy at those hours when they should be bright and active; they complain of discomfort in their stomach or bowels and of headache. Gradually they lose strength and weight, their muscles becoming relaxed and flabby.

This is the so-called bilious state, and careless attendants, having easily recognized it, congratulate themselves upon their acute di-

agnostic powers, and satisfied that there is nothing dangerous in this common condition, leave the case to Nature, regarding the attack as a mysterious dispensation. They assume that these little ailments are naturally inseparable from the period of growth and that no important consequences follow in their train. This course can, however, only end in disaster. Its adoption constitutes an act of real injustice to the little sufferer, and may entail upon him life-long weakness or disease. It results in launching him upon his voyage with a dyspeptic handicap, against which he may vainly struggle in later years. Lest the writer's statement of the case should seem exaggerated, he begs leave to show, in a few words, the far-reaching effects of this digestive disorder upon the system at large.

The indigestion responsible for this morbid state is doubly harmful to the bodily strength. It not only prevents the proper elaboration and assimilation of the food, but also poisons the blood and the tissues by means of the improperly transformed aliments and by certain poisonous substances developed from these foods. The first effect of an irritant, such as too stimulating food, upon any mucous surface, is to check the natural secretion of that mucous membrane's glands. The digestive juices of the stomach and bowels are, therefore, not produced in sufficient quantity to transform the food which thus undergoes putrefaction and other fermentive processes. Poisonous and irritating gases result from these fermentations, and, passing into the blood, disturb the action of the nerves and, through these nerves, the functions of all the bodily organs. Hence the headache, the restless sleep, the foul breath (see the writer's paper on "Foul Breath," BABYHOOD, for February, 1891, p. 78), the listless demeanor and the morbid irritability of these little patients. The bowels are constipated from lack of lubricating secretion, or loose because of Nature's effort to remove the irritating and useless products of faulty digestion; and the eliminating functions of the intestinal mucous membrane, by which certain poisonous gases are habitually removed from the blood, are more or less completely suspended. The irritation of the gastric mucous membrane, being propagated into the biliary canal leading from the liver to the bowel, causes swelling of this duct and partial stoppage of the bile which, being dammed back upon the liver, is taken into the blood and, circulating through the tissues, causes the familiar "jaundiced" eye, the sallow complexion and the slow pulse.

It is easy to understand how these disorders, if long protracted or frequently repeated, may seriously interfere with growth and vigor. It is our plain duty to see that our children's physical and mental development is not arrested or disturbed by these preventable ailments. We can provide them with no better legacy than robust health, and no argument is needed to show the culpability of those who, having it in their power to prevent disease, nevertheless, by unwise indulgence, allow it to be developed, and to impair their childrens' prospects of health and of happiness.

The cause of the general systemic disturbance above described is slight derangement of the stomach and of the bowels, dependent generally upon dietetic errors regarding the *quantity of food*, its *quality*, or the *time* of its administration. As a general rule, a healthy child will not eat too much, unless it be of sweetmeats, provided that he be made to thoroughly chew each mouthful of his food. The habits of slow eating and of thorough mastication should, therefore, be cultivated from earliest childhood, and, by preventing over-filling of the stomach, will ever prove invaluable safeguards against digestive derangements. Distention of the stomach is harmful in that it weakens the gastric muscles, by putting them upon the stretch, and in that the gastric juice, although secreted in natural abundance, is inadequate to the solution of the excessive pabulum. There is danger of excess both in the use of foods and of drugs whenever they unnaturally stimulate either the nerves of taste, as do concentrated sweets, or the general nervous system, as is the case with alcohol and opium. A drug which merely produces a desirable bodily condition, as of healthful sleep, without inducing narcotic effects or pleasurable sensations, will not en-

gender a morbid craving. Neither will substantial foods, as meat and bread, usually betray the eater into injurious excess. It is, therefore, a pernicious practice to first gratify the reasonable demands of a healthy appetite with nourishing food, and then to invite a morbid appetite by pies, pastry and sweets. Here, then, is a strong argument for either entirely banishing these desserts from the nursery table or of dealing them out with exceeding parsimony.

Conversation affords a certain amount of protection against too rapid eating, and therefore the old maxim that "children should be seen and not heard," ought not to be too rigorously enforced during meal time. At the nursery table, cheerful talk between the little ones should be encouraged. At the family board, children should be taught not to interrupt the conversation of the older people, but their remarks, when made in the proper spirit and at the right time, should receive proper attention. Bashful shyness and obtrusive forwardness may be thus prevented, while the growing intellects are strengthened by pleasant contact with older minds.

So much good counsel regarding the quality of food best adapted to the needs of children, at different ages, is being constantly furnished by BABYHOOD that the reader may properly be referred to its files for details concerning the *menu* of the nursery. The writer desires, however, to record his conviction that sugars, cooked fats, starches and bulky or irritating foods are far more likely to engender the digestive disturbances now under consideration than are nitrogenized foods, such as milk, eggs, fish, poultry, meats and bland vegetables. *Concentrated sweets are harmful*, and nature's "wink," or hint, as a recent writer of a very sensible article in BABYHOOD (October, 1891, p. 351) has well said, never points to their employment. Nature nowhere furnishes her mammalian nurslings with concentrated cane sugar, as a food. Let us, therefore, teach the children and candied sweets, jams, preserves, pies and cakes to be "better strangers." Even very sweet fruits should be used with great caution, and no raw fruits allowed to children under four years of age. Fruits containing many seeds, like blackberries, currants and raspberries, should be particularly avoided on account of the irritating effect of the angular and swollen seeds upon the stomach and bowels. The writer has traced many an infantile convulsion to seeds accumulated in the lower bowel.

Foods cooked in fat are indigestible, because they become so impregnated with the fatty particles as to be more or less impenetrable to the watery gastric juices. Chemists, moreover, tell us that heat, acting upon fresh fat, produces certain chemical changes incompatible with the ready digestibility of such foods. Therefore, let us give the children their fat as it comes from nature's laboratory, in the form of milk, cream and butter, rather than as drawn butter, cream sauces and fried dishes.

An almost *exclusive starch diet* is, doubtless, responsible in some European countries for rickets and scurvy. This is very rare in our more favored land, where an industrious family need hardly lack for meat, but indigestion may result from an excess of starchy foods as well as from the other causes mentioned, and this remark applies with equal force to foods which are mechanically or chemically irritating. Articles containing rough or coarse fibers or seeds, as cabbage and tomatoes, belong to the former category, while the latter class embraces strong spices and condiments, like mustard, pepper and vinegar. Alcoholic beverages also naturally belong to this class and are placed under the ban. *The times and the seasons for feeding* have, also, been dwelt upon at length by judicious authors in the earlier numbers of BABYHOOD. We know that very young babes require nourishment at intervals of two hours, and that these periods are gradually increased until only three meals are given *per diem*. The writer's thunder having been thus appropriated by earlier authors, he must content himself with asserting the absolute necessity of observing strict regularity in regard to meal times, in accordance with the schedule suitable to the different ages.

The digestive apparatus not only requires the habitual period allowed it for the trans-

formation of food, but also an interval of repose before it assumes another burden. No organ can work uninterruptedly, and even the heart rests between its beats. Feeding between meals should not be tolerated, for the further reason that digestion is an orderly process which is seriously retarded, or even completely arrested, by the arrival of new supplies of crude material before the transformation of the last alimentary instalment has been completed. Neither in the chemist's retort nor in the human stomach can two chemical processes, requiring different reactions, go on simultaneously in a natural and orderly way. Trace the history of many an undergrown, emaciated, nervously exhausted, morose and misanthropic dyspeptic, to whose eye "all order festers," and you will find that, as a boy, he ate cookies and crullers, nuts and apples between his meals.

Let me, in conclusion, enter an earnest protest against the mistaken notion of parents who regard *their* little ones as exceptions to the general rule of infantile humanity and believe that *their* stout young scions may, with impunity, eat ham and eggs, liver and bacon, pork and beans, or similar rough articles of food. They may do so without suffering immediately and obviously for their dietetic sins, but in most cases they will, if reaching years of discretion, bitterly regret their parents' temerity and unwisdom. "Though the mills of God grind slowly, yet they grind exceeding small," and the stomach, although a long-suffering organ, relentlessly insists upon its final revenge.

THE CARE OF DELICATE INFANTS AND YOUNG CHILDREN.—II.

BY HENRY DWIGHT CHAPIN, M.D.,

Professor of Diseases of Children at the New York Post-Graduate Medical School and Hospital.

IN cases in which it is absolutely impossible to provide an infant with breast milk the subject of artificial feeding comes up. Probably the commonest factor in the production of puny infants will be found in mistakes in the quantity and quality of food given them.

Proper Quantity of Food.

When a baby is not thriving it is at once assumed that an insufficient amount of food is taken, and probably more is administered. As a matter of fact it is not the food taken, but that which is *assimilated*, that nourishes and strengthens the body. The stomach of the infant is very small, being formed at first of a simple dilatation of the intestinal canal. As age advances the stomach grows larger and assumes more of a horizontal than a vertical position. It is the latter direction of this organ in early life that makes vomiting so easy, being produced by a simple contraction of the muscular coat of the stomach, thereby throwing the contents directly out of the mouth. Persistent vomiting after the administration of nourishment is a pretty sure indication that too great a quantity has been given, the stomach simply passing off a part of the excess. If too great a bulk of food is constantly given, however, there will follow a certain dilatation of the stomach, followed by chronic indigestion and malassimilation. This is one of the commonest causes

of the starved condition of infants that goes under the name of marasmus.

Capacity of the Infant's Stomach.

In order to know how much food to give, it is necessary to appreciate the capacity of the average infant's stomach at different ages.

AGE.	QUANTITY AT EACH FEEDING.
First week	1½ ounces.
One to two months	2 to 2½ "
Three to four months	4 to 5 "
Five to six months	6 to 8 "

This represents an average capacity, which in some cases may be slightly exceeded. Because an infant can swallow a larger bulk is no good reason for much exceeding the amounts here stated, as it has just been hinted that dilatation of the stomach will be apt to result and the consequences thus prove unfortunate. As a rough, but sufficiently accurate, measure, an ordinary tablespoonful may be considered half an ounce.

Proper Quality of Food.

The next important point to consider is what kind of food to give to the young infant. For children deprived of breast milk, healthy cows' milk is the best substitute. Many infants do not thrive on this because of errors in preparation. A common idea of mothers is that when infants do not do well on average cows' milk, the milk from one cow may improve its condition.

One Cow's Milk.

This is an error. In the majority of such cases the milk does not agree, because it is too concentrated or too dilute, or perhaps not fresh enough. *The average milk from a herd of cows is always better and safer than that procured from one cow.* Cows, like human beings, are subject to indigestion and various perturbations of health that will quickly influence the milk, rendering it too acid or affecting its ingredients. In a herd of twenty cows, any defect in the milk of one will be dissipated in the average healthy milk of the others. When a baby is not thriving, instead of seeking out one cow, the mother should rather look carefully into the condition and preparation of the best average milk she can procure.

Objections to Cows' Milk.

The principle trouble with cows' milk is that it contains a much larger proportion of caseine or cheese than mother's milk, and that this caseine is apt to coagulate in hard, indigestible lumps as soon as it reaches the acid stomach. By diluting the milk in order to get the right proportion of caseine, we diminish the fat and sugar below the normal point. The problem then is how to lessen the caseine without depriving the milk of cream, which is exceedingly necessary to an infant's proper growth and development. To obviate this difficulty, it is well, before diluting the milk at all, to let it stand for three hours in a vessel. By this means, most of the cream rises into the top half of the milk, which is then separated, and is the only part of the milk to be employed in the feeding of the infant. Care must be exercised not to mix these two layers of milk in trying to separate them. The latter cannot be accomplished by pouring the milk out of the vessel, no matter how carefully this may be done, as the lower layer will rise up and a partial admixture follow during the manipulation. The best way is to dip out the top half with a small cup, having allowed the milk to stand in a vessel sufficiently large to permit of this proceeding. At the Babies' Wards at the Post-Graduate Hospital the milk is separated in a large hollow glass cylinder, which is graduated and furnished below with a stop-cock for drawing off the milk. In this manner the lower half is first drawn off without any agitation of the milk, and the remaining creamy part reserved for use. The ingenious mother might extemporize an apparatus with a funnel having a perforated cork at the bottom, as the milk must be drawn off slowly. The cream does not rise so well in a very cold atmosphere, hence it should not stand in the refrigerator, unless it is necessary to keep it from spoiling. As soon as it is separated, the part to be used should be kept on ice until required for consumption. A further advantage of this process of separation is that a

larger proportion of the indigestible caseine is supposed to settle in the lower layer of milk, which is not administered to the baby.

Proper Dilution of Cows' Milk.

Having procured our milk and separated the portion most suitable for use, the question of proper dilution next arises. This has proved a vexed problem, as infants' needs and digestive powers vary somewhat, but as this article is written for the benefit of delicate infants who need the greatest dietetic care, only safe averages will be given. It is here assumed that only the creamy portion of the milk is employed.

To close of third week.....1 part milk to 3 parts water.
Third to sixth week.....1 part milk to 2 parts water.
Sixth week to third month..2 parts milk to 3 parts water.
Third month..... .....Half milk and half water.
Four and a half months....3 parts milk to 2 parts water.
Six months.....3 parts milk to 1 part water.

Many infants do not require such an accurate division of the component parts, but if unusual care is to be exercised it may be well to consult the above table. Plain water, that has previously been boiled, may be used as the diluent, or lime water when the stomach is too acid. An excellent diluent is barley water, but the ordinary barley should not be employed for infants under two or three months, on account of the starch it contains. This difficulty is obviated by subjecting the barley flour to prolonged heat, which changes much of the starch into soluble starch and dextrin, which can be digested by feeble infants. At the Babies' Wards, barley flour is steamed for a week, day and night, before being made into gruel.* The strength is 1 part of barley flour to 20 parts of water, to which a pinch of salt is added. Indeed, a small quantity of salt should always be mixed with the milk or other food that is administered to the infant. An excellent food for a feeble infant of a few weeks is one-third each of top-milk, barley (dried) water and lime water. The food should be administered at about the temperature of 99 degrees Fahr. If it is too hot or cold, irritation of the mouth and stomach is apt to follow. Under the age of ten months, it is better in most cases to employ the nursery bottle, always using the simple black rubber nipple, with a very small hole on either side of the extremity. The long rubber tube is always bad, from the difficulty of keeping it clean. The most scrupulous cleanliness must be employed with bottle and nipple. It is not necessary to repeat here what has recently been said in reference to the various methods of sterilizing milk. If there is any doubt about the milk remaining sweet during the time it is to be kept, sterilizing should always be employed. If, on the contrary, the milk can be procured fresh and kept in a clean, cool place, so that souring does not take place, sterilizing is unnecessary. There is no virtue in sterilizing, except in checking the lactic acid fermentation of milk, as far as digestion is concerned. If there is suspected contamination by disease germs, it is likewise, of course, valuable.

Proper Interval of Feeding.

No matter how carefully prepared, artificial food is more difficult than mother's milk for the infant to digest, and abundance of time should be allowed the stomach to perform its work. If a fresh supply of milk is taken into the stomach before the previous feeding has been disposed of, the latter will act as a ferment and start up decomposition and indigestion of the former. A young baby should not be given the bottle oftener than every two hours and a half, and older infants every three hours. If they wish something between, a few teaspoonfuls of plain water may be given.

General Tonic Treatment.

It is often necessary to put a feeble infant upon general tonic treatment in order to improve its nutrition and increase its strength. The management of such a case, particularly in reference to the administration of reconstructive drugs and preparations, should be in the hands of a capable physician. Very much can be done, not only in preserving

*This dried barley flour is furnished to the poor for nothing, and to others at a nominal price, by applying to the Babies' Wards, No. 222 East 20th street, New York.

life, but in insuring a more healthy growth. Various simple and efficacious remedies, however, may be employed by any mother. Expressed beef blood is an excellent stimulant and tonic for a feeble baby, and can be safely administered at a very early age. It is procured by heating a piece of raw beef, about half as large as one's hand, before a fire just long enough to set the juices free, and then expressing all the blood by means of a lemon-squeezer. It is then allowed to stand in a cool place, and any fat that arises is skimmed off the top. When ready for use, half a teaspoonful or a teaspoonful of blood is mixed with about six teaspoonfuls of water, and a pinch of salt added. It is often well to warm the preparation before administering it. The water is not necessary to its efficacy, although it may hasten assimilation, but is given to increase the bulk of fluid, as these infants are often thin and shrunken. If there is nausea and intolerance of fluid, from 20 to 60 drops of the blood may be dropped directly in the baby's mouth.

Cod-liver oil is an excellent reconstructive in these cases. It is best to employ the pure oil, as its exact strength is then known, and infants as a rule do not object to the flavor of raw oil. A baby of a few months may take 10 drops three times a day, and older infants more in proportion. If the bowels are loose, the oil should not be given. When a baby is very weak, with cold extremities, small doses of whisky may afford relief. Ten drops in a teaspoonful of water every three hours may be given to a baby a few months old. It is safer, however, never to give alcohol in early life without the orders of a physician. This powerful agent must be treated like other potent drugs.

Bathing and Massage.

Feeble infants part with animal heat very readily, hence special care must be taken not to chill the skin. Mothers or nurses do not always exercise proper care in this respect. A baby will be kept uncovered until its lips and finger tips are blue, and thus lose a certain amount of vitality. Delicate babies should not be bathed daily in winter, and great care should always be taken to avoid chilling. Add a heaping tablespoonful of salt and a tablespoonful of alcohol to a basin of tepid water, which is deftly applied to body and limbs without uncovering the child. Next rub the whole body with the warm hand until a glow is produced. This may be followed by inunctions of oil—soft white vaseline makes a good application—after which the clothing is put on. Ordinary sweet oil or cod-liver oil may likewise be employed with good results. The objection to the latter is the disagreeable smell. The application of oil softens the skin, which is apt to be dry in badly nourished infants, and a certain amount is absorbed, producing a tonic effect. Some children are benefited by rubbing with a dry salt towel. This is procured by soaking an ordinary bath towel in a basin of salt and water, after which it is partially rinsed out and hung on a clothesline until all the water has evaporated. The fine dry salt then penetrates all the meshes of the towel and acts as a stimulant to the skin. In bad cases the towel may be first warmed before the fire.

General Hygienic Precautions.

All weak babies should be clothed in soft flannels, and particular pains be taken to keep the feet and hands warm. The latter may be accomplished by hot bottles if necessary. Plenty of sun is a good tonic. Always keep babies in rooms on the sunny side of the house when possible. In taking very weak babies out into the air it is safer to carry them in the nurses' arms. A certain amount of heat is thus procured for them, and the nurse can quickly tell if they are chilly or fatigued. When in a baby-carriage they often get sleepy and cold unobserved by the attendant.

Finally, in trying to make a weak infant thrive, no detail is too trifling to be overlooked. The difference between success and failure may lie in a very small margin. The gardener, by bestowing extra care upon the frail sapling, is often rewarded by seeing it grow into a vigorous tree, and many a mother by working in a similar way over a puny infant will have a like success.

OCCUPATIONS AND PASTIMES.

Baby's Legitimate Demands for Amusement.

EVERY one who has had the care of a child a year old and upwards has noticed how continually it is in motion, and how quickly its attention is taken by each new thing it sees. Many mothers seem to be greatly annoyed by this incessant activity of their children, and complain that "they are never still a minute." But Nature, wiser than they, defeats all their efforts to keep them quiet; for the child has many organs and muscles, small and weak, which must be developed and strengthened fast enough to keep pace with his growth, and the only way in which they can be so developed and strengthened is by exercise. Therefore Nature has given him the desire for constant motion; and that no one set of muscles be developed at the expense of others, or be exercised more than his tender frame can endure, she has bestowed upon him the gift of inconstancy—the desire to be constantly changing his occupation.

This is quite as true of his mental as of his physical powers; they are feeble and easily injured, and Nature has ordered that his mind shall soon tire of one subject, be it ever so interesting at first. We can readily see, therefore, that to oblige a child to keep quiet, or to keep busied with one thing for any length of time, is a positive injury to him, both mentally and physically; it overtires one set of muscles and mental powers, while others are deprived of their proper amount of exercise. I think if mothers more generally realized this fact, there would be fewer attempts at repressing the noisy activity of their little ones within such narrow limits, and fewer complaints about troublesome children; for children, well, comfortable and happily employed, are not troublesome.

Speaking of troublesome children, I must repeat to you a sentence which I read recently:

"There is nothing in which parents are more often tyrannical and unreasonable than in requiring their children to be quiet and good, and giving them little trouble, when they will not put themselves to a little trouble to find suitable occupation for the active and restless faculties of their children. The trouble which a child gives to those in charge of it should very often be viewed as an effort of Nature to recall them to their neglected duty."

It is not very difficult to provide varied employment for little children. A very simple thing will amuse them, even better than more elaborate toys. A little thought and ingenuity will enable any mother to supply a sufficient variety with little or no expense. A rag doll, a box of blocks from the carpenters, pictures pasted in a cloth book, a ball, or a large agate marble to roll, a slate and pencil, etc., are all easily obtained and greatly prized by the little ones.

I should not confine a child strictly to his own playthings at all times. He enjoys handling new things, as every mother can testify; and as it is only by handling as well as looking at them that he forms his ideas of size, shape, hardness, softness, smoothness, roughness, etc., it is well to let him satisfy his curiosity by taking in his own eager hand anything he cannot injure or hurt himself with. For amusement and exercise both my little ones had nothing better than their cradle; they would put their little legs through the rounds and rock themselves with all their little strength. No. 1 would rock herself to sleep in that manner day after day, and when No. 2 was old enough to sit up, she would get her to sleep in the same way—quite a help, too, when nap time comes just as dinner must be prepared. The cradle still keeps its place as a rocking-horse, though it is used for nothing else. It has yielded the first place, however, to the swing. We have a pole suspended from hooks in the ceiling and far from the stove, like many old-fashioned chimneys, and on this papa hung a rope and tied into it a little arm-chair for a swing. It is somewhat in the way, of course, but the children take so much comfort with it that no one wants to take it down.

But whatever plaything a child has, he sometimes needs mother's help in entertaining himself, and a naturally quiet child needs often to be prompted to change his occupation; after sitting a long time pasting pictures, for instance, the

mother can join him for a few minutes in some active play, as rolling marbles, to quicken circulation and set mind and muscles moving in a different channel. Time spent in watching and directing a child's play could hardly be better employed. ESTHER.

A Plea for Rational Toys.

CALLING on a friend within two weeks after the Christmas holidays, I found the chamber floor where her two little boys of four and two years were playing strewn with broken toys. A cart wheel was here, a broken drum head there; a jumping jack that had lost its power to spring was under the table; a battered trumpet with "no blow in it," as one of the little fellows informed me, stood in the corner; a headless doll peeped out from under the bed; and a set of hollow picture blocks, selected on account of their light weight, had been pried open by the busy little fingers, "to find out what was inside." The children had already left these fragments and were engaged in making horses of the chairs, while the poor mother looked worried over the confusion, knowing well that it meant extra work for her, since limited means allowed only one servant, who found enough to occupy her without "being bothered with the children." "Just see," said the mother, "my children are never contented till every toy is broken, and then they want it no longer. These toys were all new at Christmas, and you can see there is now nothing left in anything like a whole condition. What would you do?"

This difficulty troubles many anxious and tired mothers, especially those who cannot afford a nurse to assist in the care of the children, and who, in addition to sewing and mending, have often more or less of the house work to attend to. What shall be done for the active little ones to keep them happy when confined to the house, and yet allow the mother time for her other duties?

The child at two years has passed the stage when he is content to simply hold a plaything. He is eager to examine every object, not only outwardly, but to try to understand its whole mechanism. The so-called destructive tendency is only the spirit of investigation, which, duly cultivated, is such an important element of character. He breaks his toys, it is true, but he would as gladly put the parts together again if he could.

Hence blocks better please him than any other plaything—*real* blocks, I mean, and not the sham pasteboards which the child soon discovers are only a pretence—with blocks he builds houses, bridges, cars, or indeed, represents any object he sees about him. A box of solid blocks, a rubber or worsted ball, and a *few* simple toys (if home-made all the better), will satisfy any child who is rightly trained. These should not be given all at once, and with a little care that he does not tire of one before a change is made there will always be sufficient variety. Here, too, the power of choice may be exercised even at a very early age. "Will you have the ball or the blocks, the book or the slate and pencil?" And having once chosen, let him abide by his decision for the time being.

Again, the child will readily learn to put away his playthings, when through using them, if he finds it to be the rule that they are not to be scattered about the room. Children instinctively love order and regularity, and gladly "help mamma" if only approached in the right spirit.

C. T. H.

An Inexpensive Baby House.

I GIVE my little girl the closet under my washstand for a baby house, and for 10 cents it has been completely furnished with chairs, table, bed and a piano; all bought for 1 cent each at a neighboring country store. I have not been able to find any such toys in the New York stores. The little dolls cost from 12 to 3 cents, the 12-cent one being a little beauty with long flowing hair. Now, my little baby girl is just as happy with her washstand baby house, costing about 30 cents in all, as her older sisters are with their really expensive one. A few Christmas cards, etc., adorn the walls, and it is quite a pretty little room. Perhaps some other mother may improve on my idea. N. N.

A Color Book; Reins.

PIECES of linen cloth cut out as leaves and sewed together to form a book may serve a useful purpose in the nursery. On these leaves, or pages, sew pieces of bright colored silks and ribbons. The babies very soon learn the names of the colors and their different shades. I have known such a book to be a source of amusement and instruction.

Good reins, and strong ones, may be made of the wide woolen felting. Take an eighth of a yard of two or three different colors, sew them together, fold over double, and stitch each edge by machine. A. B.

Home-Made Doll-Beds and Matting Catch-All.

WE had four peach-baskets lying down in the cellar, seemingly useless, unless for kindlings. Two of them were alike, and I made doll-beds of them, and very pretty ones they make, too. I moved the handles back to one end and brought wire from the edge of the basket to the handle, just as BABYHOOD suggested for a baby's bed. I covered them first with blue cotton flannel that had seen its best days, then covered that with the best parts of an old lace curtain that had been consigned to the rag-bag, made little pillows and mattresses of old blue lawn stuffed with "excelsior," and pillow-cases and covers of the lace. They are delicate and dainty-looking and can easily be made clean when soiled. The children are delighted with them and they cost nothing but one forenoon's time. The "excelsior" is finer and nicer than shavings, and is good to stuff cushions and anything of that kind. It is given away at any furniture store for the asking. Of the other two baskets I used one for a work-basket for myself (it makes a very neat one covered with cretonne) and the other for a waste-paper basket for my husband's writing table.

For a hanging receptacle for children's play-things or papers, the matting that comes around teas can be bound with bright braid and made into any shape desirable. This matting can be had for little or nothing at any grocery store.

Canton, Ill. C. B. M.

The Time-Honored Menagerie.

ALTHOUGH the mother who writes in BABYHOOD on "The Home-Made Circus and Museum" gained her point in making the little one forget his disappointment at not being able to see the real circus, I should like to suggest a means by which she can make his next circus performance a greater success. At all toy stores, and in cities, at most stationers, are to be found "Little Folks' Menageries." These consist of paste-board or thick paper sheets on which are printed, in their natural colors, animals of all sizes and descriptions, which, if cut according to directions given, stand upright. From these children acquire a much better idea of the actual appearance of the animal than any cuts from advertisements can give, and the busy mother need not be disturbed. These cards come in packages of five, each package costing only 10 cents. The usual 2-cent postage will, I think, carry them to any part of this country. B. G.

New York.

Jingle Bells.

THESE bells, so easily made and so heartily prized by any youngster, require 3½ yards of inch-wide yellow ribbon, a dozen tiny bells and an embroidery hoop 8 inches in diameter. Wind the hoop closely with ribbon, then cross ribbons around the hoop from side to side, forming a wheel with six spokes. Sew bells at the center half way from center to rim and at the end of each spoke, and finish with bow of ribbon at the top. I. I. LOCKWOOD.

Asheville, N. C.

The Postman as a Nursery Aid.

I BELIEVE there is a certain age when children are more fascinated by the arrival of the postman than by almost anything else. When my little boy reached this age, he watched so anxiously for the man in gray, that he might run for the letters and bring them to mamma, that a happy thought struck me for his amusement.

I wrote a letter to him, describing some simple and interesting incident, which he could fully understand and appreciate, and sent it to him through the mail. When the letter came, he was told that it was for him, and allowed to open it himself with mamma's letter-opener, after which it was read to him. The happy face fully repaid me for my trouble, and the letter was read and re-read with the same delight. The charm was not only in the receiving, the opening and the reading, but served to occupy him for an hour or two in various plays of his own devising.

I repeated this little plan later on with the same pleasant results, particularly on rainy days, or when some illness kept the little fellow from enjoying out-door sports. E. W. P.

Portland, Me.

TOYS, NEW AND OLD, WITH SOME NOTES ON CHRISTMAS SHOPPING.

BY PHILIP G. HUBERT, JR.

AS I have a number of children who would think it far less remarkable were the sun to stop shining on Christmas Day than if presents and toys in reasonable profusion did not appear in their stockings or bloom on their tree, it follows that part of my duties at Christmas time consists in getting the stock which is to fill the little ones of the family with amazement and delight. And in common with many another busy man, it has happened that, year after year, I have left the buying of the Christmas things until the very last moment.

My wife gets a certain amount of the Christmas stock, and does magnificent work in buying $10 worth of things for $5. But I like to get at least one Christmas gift for each member of the family myself, and oftener than not it is Christmas Eve, and growing dusk, before I close my desk with a bang and make a rush for the big stores uptown to find that lots of people buy their Christmas presents upon the same wretched plan. For the next two or three hours I lose my time, money, dinner, patience and temper in an effort to find something that I think will do. The shops are crowded to suffocation, and when, by dint of pushing and squeezing, you finally get to the counters, you find that the stock is in disorder, all the choice pieces are gone, and that the clerks and saleswomen are too fagged out to take any interest in your affairs. When I give up the fight, tired and disheartened, and go home with all sorts of things that I ought not to have, and but few of the things that I ought to have, I resolve that next year there shall be a reform.

Looking over the Christmas field, I find that one needs to know first and chiefly what to buy. The battle is half won when you know exactly what you want, and for the purpose of finding out what the children want, which is the main thing, I held this year a sort of meeting or congress upon the Christmas question, and each child was asked to say what he or she wanted most. An illustrated list of toys is now to be had at many of the large New York toy shops, and it is pored over by the children with more interest than they are likely to take in the most exciting novel ten or a dozen years from now.

When Walter, aged five, upon being asked to settle upon a toy, has decided that he likes best a velocipede, and a big rocking-horse, and a box of paints, and a "Punch and Judy" show, and a real steam locomotive, and a piano, it is time for his elders to consider the matter. Finally, when the full list is made out, I can go to any big store and feel myself master of the situation. Perhaps mosts parents do not know that there exist big Christmas circulars with hundreds of illustrations, giving long lists of toys and prices. They are helps which must be used to be appreciated. Such pamphlets are too expensive for every shop to issue, but it would cost but little for shops to distribute at the doors, during holiday time, a single sheet giving lists of what their counters contain. Most people would find at a glance, in such a list, suggestions which it would take them hours to get by wandering from counter to counter.

While there are new toys every year, the main stock remains about the same, more elaborate and of course more expensive, but after all chiefly made up of variations upon what we knew as children. In some Roman tombs opened last year the dust of children who lived before the Christian era was mingled with terra cotta dolls and toys that would serve their purpose just as well to-day as they did two thousand years ago. For the benefit of those who may not have a toy list near at hand, here is the one given to my children to ponder over: Dolls, dolls' houses, dolls' trunks, "Punch and Judy," lead and tin soldiers, mechanical toys that run when wound up, Noah's arks, magician's tricks, rubber an-

imals and dolls, blocks (building and letters), bone and wood alphabets on blocks or dominoes, typewriters, picture puzzles, lathes, printing presses, tool chests, rocking horses, soldiers' outfits, boats, paints and painting books, trains of cars, locomotives, pianos, music boxes, table croquet, hoops, jackstraws, quoits, kindergarten games and occupations (beads, basket work, weaving, building, platter work, clay modelling, etc.), blackboards, nine-pins, scrap books, and magic lanterns.

As to the novelties of the year, several visits to the best of our shops yielded but an insignificant harvest as compared to the vast mass of toys which are merely variations or adaptations from old models. Looking over the list of novelties, what is called an "electric educator" seemed to attract much attention, and possesses a certain interest. Imagine two chess-boards side by side with a small metal knob in the center of each square. In every square of one board is printed a certain question, the answer to which is to be found in a square upon the other board. If a little metal cap is placed in the center of any question square, a bell will ring when the metal knob in the center of the square on the other board containing the answer is touched. The question and answer cards embrace all sorts of topics: geography, history, arithmetic, biography, etc. For instance, if the metal cap is on the square which asks: "In what year was America discovered?" the player has the right to make three trials to ring the bell by touching the square of the other board, upon which is written "1492." Each square of the sixty-four has a date on it, but only one square, that with "1492" on it, will ring the bell when touched. There are twenty different cards which can be placed on the board, each card containing sixty-four question squares, so that the range of instruction is a wide one.

Printing presses at $1, with a set of moveable type, and typewriters at the same price, also come under the head of new toys which blend some amusement with some instruction. Comic nine-pins, each pin representing some animal, appear to be in great demand.

Rubber toys of a new thin kind of rubber, so thin that they may be "blown up" into comical shapes, are in a large variety. I should like to advise all parents, however, before putting rubber animals into the nursery to take out the whistle or other device by which the child is confused as to the sounds of the animal kingdom, not because the child may be confused, but because these tin whistles come out. I was first warned against them by a physician who told me that the most terrible case of strangling he had ever seen was due to a tin whistle sucked by a baby from one of these rubber animals.

Some rather clever adaptations of croquet and tennis to the nursery will be seen in most of the shops, and have more permanent interest than the many betting games of race horses, etc.

As to prices, it is useless to attempt to give them. Toys are cheaper than ever before. You can get lots of amusing Japanese trifles at some stores for one cent, and you can pay $50 for a woolly horse at the expensive toy shops. And the home-made toys, the rag-doll, the scrap-book, and the doll's house that was once a soap box, may be more cherished in the end than things which it required only a fat pocket-book to obtain.

A NOVEL INFANT DRESS.

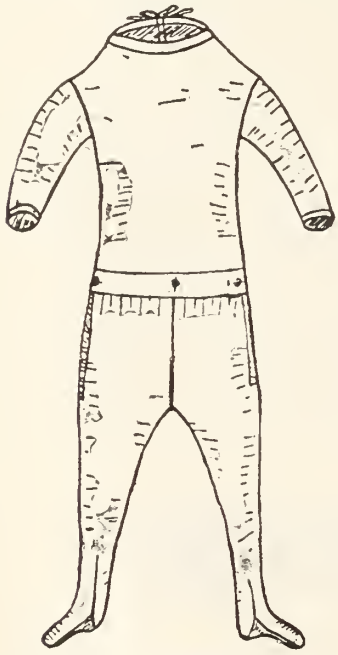
BY FRANK S. PARSONS, M.D.,

Lecturer on Diseases of Children, College of Physicians and Surgeons, Boston, Mass.

THE average practitioner of medicine pays too little attention to the subject of infant dress. He goes about his daily duties, cares for and applies remedies to the sick infant, and, it may be, never gives a thought whether the child is properly clad, or if the material from which the clothes are made furnishes sufficient protection from the sudden atmospheric changes to which its delicate tissues are exposed. When an opportunity arrives, he seldom hints at any proper, hygienic method of arranging the baby's apparel, or dictates to the unscientific nurse what the

infant shall wear. This leaves the subject to the mother, who, in the majority of cases, ignorantly binds the infant hand and foot, so that there is interference with the proper development with its muscles. Then, as the child struggles and cries for freedom, it is doomed to the conventional dose of peppermint or paregoric.

From the scanty literature on the subject, in professional works, the hygiene of infant dress seems quite out of the province of medicine, and nurses become indignant when a physician attempts to suggest that he knows more about the needs of a child than they. Few good physicians doubt that the average infant is unwisely clad at the present day. It is bound too tightly, clothed too heavily, especially about the waist, and the style of garments renders the free use of its limbs practically impossible; in fact, it seems



Whole of Undergarment—Front View.

to be more a question of nursery convenience and ease than of infant health and protection.

Let us see how the average newborn child of to-day is dressed. The baby being washed, the navel string is wrapped in a bit of linen, often well greased, and a flannel binder, extending from nipples to hips, is tightly wound around the body two or three times, and secured with four safety pins; the object being to keep the abdomen warm, and prevent hernia when the child cries or strains.

Let us pause here a moment, and consider this binder. The Creator made the abdominal walls of a child elastic for a purpose, namely, to expand and protect vital organs when the little one cries, coughs or strains. If let alone, does it usually rupture? No. In crying or straining, the walls distend evenly in all directions, thus protecting the feebler portions, where hernia is apt to occur.

The binder prevents this even distribution of force, hence the whole energy of the straining comes on certain parts of the walls that are weaker, and which, unfortunately, the binder does not protect, and hernia is the result. It is the bandaged baby that becomes ruptured.

Now, suppose the binder is used for warmth alone, and is applied loosely, what happens? We undress our infant to find the binder up under the arm-pits, and the abdomen exposed. I have yet to see the necessity for any binder at all, unless to retain the dressing about the navel, and that only for a few days.

The best dressing for the navel, I think, is a simple pad of dry, antiseptic, absorbent cotton, wrapped about the cord and left secured with a piece of surgeon's adhesive plaster.

The next article of apparel is the shirt, made of all sorts of material: all wool, cotton and wool, silk, silk and wool, flannel; and I have even seen one made of linen, the coldest of goods, and starched stiff at that, keeping the baby fretting.

Then comes the pinning blanket, a long wool garment with a stout band, often of cotton. This is pinned snugly around the body up under the arm-pits, so snugly, in fact, that it materially interferes with the free expansion of the chest walls. One side is folded over one limb, and one over the other, and the bottom turned up and pinned; thus the infant is unable to move a limb. When a change of diapers is desired, the blanket is unfolded, exposing the child from foot to abdomen. Now, a baby so exposed to varying degrees of temperature, and especially if overheated or perspiring, offers a factor in the causation of any acute disease.

Next comes the skirt, with the same objections as the pinning blanket: tightness and inelasticity about the chest walls. This serves to increase the bulk and weight of clothing around the body of the infant, leaving the shoulders comparatively unprotected by only the light shirt and thin muslin slip, the last garment to be added. Such is the dress of the average infant of to-day, and I ask,

is it not time for physicians, nurses and mothers to study more hygenic and practical methods of dressing young children?

The problem before us to solve is to find some-

Back of Shirt.

thing that will allow freedom of muscular movements, and having simplicity, will furnish warmth and protection.

First, let us consider the material to be worn next the skin for young infants. Of course this largely depends upon the financial condition of the parties interested, but the texture should be soft, non-irritating in character, warm, and as light in weight as latitude and climatic conditions will allow. Quality shonld take the place of quantity in baby clothes.

Then, too, we have the various infantile constitutions to adapt our suitings to, because sickly infants, or those susceptible to colds from atmospheric changes, need greater protection than the robust and healthy. For those that can afford a dollar a yard, or more, the silk and wool flannel furnishes as complete protection as any material, and is, perhaps, the best goods to be worn next the skin; care, however, should be taken in washing it, as well as other woolen goods. All wool materials are rather harsh and irritating to an infant. For the middle and lower classes there is nothing better than canton flannel; it is soft, warm, shrinks little, and can be obtained in various grades of quality, from 12½ cents to 50 cents a yard. For sickly children, an eider-down flannel is an excellent protective.

The infant dress I have to propose consists of an under-garment, covering the body from neck to feet; a skirt, supported from the shoulders, and a flannel slip in the colder months, or a muslin in the warmer, for an outside dress. There is no necessity for binder, socks, or pinning blanket. I have for some time entertained the thought of reducing the size of the ordinary shirt and drawers pattern of night-gowns, worn by older children, to fit the average infant of two months, thereby allowing for the largest newborn child, or for the growth of the average baby to two months.

The development of this thought is the under-garment here illustrated. One modification I found by experience was necessary, namely: the drawers should be made to separate from the shirt, if one wants to make the changing of diapers easy, and avoid the washing of a whole garment where one part only is soiled. The under-garment can be made by any seamstress, to cost as little, or as much, as the quality of goods used requires, and as pretty as the style of garment or fancy of the mother permits. It consists of a shirt made with sleeves, opening in the back and reaching from neck to hips, long enough to meet the growth of the baby by simply altering the four buttons at the waist, to which the

Flannel Skirt.

drawers are attached. This allows the whole garment to be supported from the shoulders.

Two buttons at the back opening of the shirt are sufficient, a tie string in the neck taking the

place of the third. Lace may be put about the neck and sleeves. The drawers are made with flaps, as in the ordinary children's style, loose enough in the seat to allow for diapers. It is easier to unbutton four buttons, turn down the flaps and change diapers, than to unfold and unpin a pinning blanket, and in this suit all undue exposure of the limbs is prevented. The legs of the drawers are made to cover the feet, so that socks are unnecessary. It is intended to cover the under-garment with a simple skirt of good flannel, supported by shoulder bands, loose at the waist, and reaching 5 inches below the feet, and over this a light flannel wrapper or muslin slip.

Thus the infant is clothed as prettily as the mother desires to make the suit, and as loosely, evenly and warmly as the interests of its own health require.

WARDROBE NOTES.

WINTER styles for two, three and four year old boys show an increasing tendency to woolen frocks over the piqué, cotton cheviot, and other washable fabrics which have chiefly formed their wardrobe heretofore. The prettiest suit in market is the one of three pieces : namely, kilt skirt, short, square-cut jacket with half-long sleeves, and full blouse with full sleeves, showing below. The blouse is most frequently of contrasting color and fabric, although white ones, with deep ruffles of embroidery or heavy lace, are also used. The colored blouses are oftenest of surah or China silk, with hem-stitched or feather-stitched ruffles around the collar and cuffs, as well as up and down the front hem. These cost from about $4 upwards, when bought apart from the frock. Red is the favorite color; but the blouses may be had in many other shades as well as white. In spite of its pictorial effect, this costume is not becoming to stout children, to whom the dress in one piece, with little fullness in the waist, is much better suited.

Eider-down flannel or cloth is having a fresh vogue this season for first short coats. It is so readily cleansed, in addition to being both light and warm, that it is specially adapted to the purpose. Besides the pure whites, there are white grounds with rays and dashes of color, sometimes shaded lines, which are very stylish, especially when finished with cord or ribbon to match. When these materials are used the hat or cap should be of the same color rather than white.

The old-fashioned round-crowned cap has almost wholly superseded the three-piece cap for babies, and very little tots, in all materials. The front piece of the cap, when of silk, is frequently shirred on cords nearly as large as lampwick, and at intervals of three quarters of an inch, the cord in the back edge lying over the round crown piece. The plain fronts are bordered by a two-inch strip of fur plush—plush cloth in imitation of some kind of fur—of which seal, chinchilla and uncolored otter are the favorites. There are rather more attempts than usual to try to furnish round cap-hats, by which to distinguish boy babies from girls ; but they are so elaborate, and so much less becoming than the tied caps, that they do not and are not likely to meet a great measure of popularity, while the variety of the last named is so great. Indeed, if these had no other virtue than thorough protection of neck and ears, they ought to be preferred by careful mothers.

For the two and three and four year old girls, bonnets and hats have alike one characteristic—a most expansive front. Whether it be a Normandy cap or a Quaker bonnet, a flapping felt, or a sun bonnet the effect in all is the same—of great spread of front. A few children look pretty in these head coverings ; but more are simply grotesque, which is only too frequently mistaken for picturesque. An unusual variety and number of bonnet styles for little girls are offered this year, which is a good thing, since they

are so much more protecting than hats, if not so pretty. The bonnets are made in every kind of stuff, from velvet and silk, with feathers and lace, to Bedford cord, trimmed with fur, some of the most attractive shown being in this last named material. For stormy weather, so-called steamer caps, with vizor before and behind, and ear tabs, made from the cloth of the little coat, are found very useful.

A novelty in baby wrappers, very pretty, and especially suited to being a gift to a first baby, is a double gown of pink or blue, China or soft taffeta silk, lined throughout with white silk, and having a single thickness of wool wadding, tacked in place by the narrowest of ribbons, tied on the outside in the tiniest of bows, about four inches apart. Anything, softer, warmer, or more "cuddley" for a winter baby, it would be hard to find.

"Creeping aprons," made of checked or striped gingham, cut after the fashion of the ordinary sleeved pinafore, but long enough and full enough to fasten well across the hems between the little legs, can be bought reasonably at the baby furnishing-houses. Except that the body helps to keep the skirt in place, and that the buying them ready-made will save a busy mother some necessary stitches, they do not seem an especial improvement on the patterns for "creepers" that BABYHOOD has already given.

"Smocking" is tastefully used on first woolen frocks for little girls. Instead of the entire yoke being smocked, the simple frock of straight breadths—more or less, according to the width and kind of material—has a band of two inches or so, of smocking for the belt, and a similar one at the top of the "baby" waist, where it rests against the white guimpe; while smocked shoulder straps hold the waist in place. The only cutting in a waist like this is the shaping for the arms, as the fullness of the skirts is easily held in for the waist by the belt and narrow yoke of smocking.

In little children's shoes, we are sorry to see among the novelties some with patent leather fronts and tan-colored suède uppers. Patent leather is bad enough for "grown-up" shoes; for it is stiff, inelastic, and "draws" the feet unwholesomely; but to combine it with suède leather, which stretches with every movement, so that the pressure and yield of the shoe on little, soft, growing feet are entirely unequal and uneven, is a positive cruelty to their helpless wearers. There is no part of the small human body that may be so readily, seriously and permanently injured as the feet by thoughtlessness and want of care in dressing. Even a well-shaped shoe of proper material may do infinite harm to a growing foot, if worn a little too long; and the pain and suffering that adults endure, through the invaliding of their feet in childhood from lack of care, should make them, in their turn, most particular as to the dressing of the tiny feet for which they are responsible.

Very small valise-shaped muffs, made in the same material as the cap bonnet, and hung by a narrow ribbon about the neck, are something new for little maids. A brown silk shirred bonnet has a pale pink gathered frill around the front and cape, and is tied by fine brocaded pink ribbon one-and-a-half inches wide. The muff is made of the brown silk, the hand openings are frilled with pink, and it hangs by the narrow brocade ribbon from the neck.

First short frocks for babies again show—in very fine ones—a ruffle at the edge of the hem. The ruffles are usually one-and-a-half inches wide, and edged with narrow lace, like what is used on neck and sleeves. Innocent as the ruffle looks, it seems like the first step to a period of elaborate dressing, from which the babies have but too recently escaped, and which we had hoped might never return to embarrass their poor little bodies.

Little jackets of thin, colored silk, lightly quilted, and trimmed with white lace, are sold to wear under outside coats. They are warmer than, but do not cling so closely as, the hand-knitted jersey, which is a perennial comfort in the nursery. A large-sized Saxony skirt which can be worn over the underclothes, and under the frock, is one of the most available "extras" for very young children.

Baby's Diapers; A Saving in Their Washing.

THIS is an unpleasant subject to bring before the readers, yet it must enter into the thoughts of every mother, and if the exceedingly unpleasant reality can be alleviated and the often dangerous hygienic conditions can be removed, I am sure that all will pardon the introduction of this article; more especially, as only those will read

it who are by force of circumstances compelled to be interested in its everyday practical application, either personally or by proxy through their servants, but always for the health and comfort of their own little ones.

Some years ago the writer was in a large lying-in hospital, where there were from two to three hundred nursing children. The diapers were taken off and rolled up, placed in a large basket, put in a closet, and washed when convenient. It was observed that occasionally periods of diarrhœa and slight fevers would attack those children near whom the closet was situated. After some thought, a large tub was secured and filled half full of an antiseptic fluid, and into this the diapers were placed as soon as removed from the babies. Almost immediately the diarrhœa and fevers disappeared from the wards and the air remained pure.

Nevertheless, the poor laundry woman had just

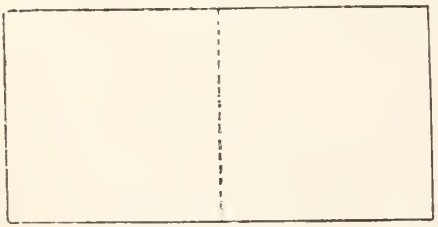


FIG. 1

as unpleasant a task as before, save the removal of the odor. The diapers, also, were practically saturated in a bath of sewer water, full of paralyzed poison germs.

Now, in Fig. 4 you will see represented a large diaper ready for application. Upon it is a small square of two or three thicknesses of cheesecloth or gauze, placed diagonally just where the evacuations from the bowels will come. When the bowels have moved, place the baby on its back, unpin the diaper. The unsoiled parts of the cheesecloth can now be used to do the coarse cleaning, then gathered together and thrown away. This leaves the regular diaper quite unsoiled, and the washing is thus reduced to a minimum of unhealthfulness and unpleasantness.

When Baby has a diarrhœa it is well to substitute squares of canton flannel (fuzzy side toward baby) for the cheesecloth. If you have not safety pins, sew on the diaper with basting thread, which may be broken easily and will prevent the danger of pins pricking the child.

Have good sized diapers, thick ones for winter, thin ones for summer or for heated apartments, as we have in the city. This saves much chafing and eruptions of skin.

Many mothers merely dry the diapers that have simply been wet. This ought not to be, but they

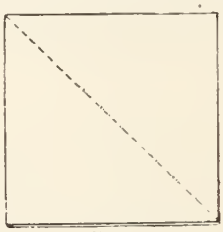


FIG. 2.

should be washed carefully, although not so thoroughly as those that have been soiled by the contents of the bowels.

To young mothers who are preparing the outfit for their first confinement I would suggest the following for the diapers:

The best material is birdseye cotton or linen. It should be bought full width and cut twice as long as it is wide, Fig. 1, and hemmed.

Then folded once into a square, Fig. 2, and again into a triangle, Fig. 3.

Fig. 4 represents the diaper with the little cheesecloth or canton flannel lining in place. These diaper linings can be easily made, a few

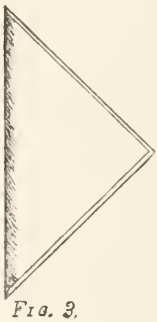


FIG. 3.

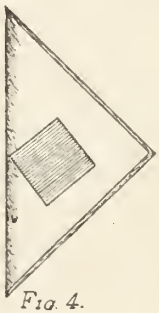


FIG. 4.

dozen at once, with but little trouble. They should be about 7 inches square, that is about twenty-five to the yard of cheesecloth.

Of course this plan of relief should not and must not take the place of educating the baby to use its chair properly. The writer has little patients who, although only two or three months old, seldom soil a diaper, but use their chair regularly and notify their parents or nurse in time when they need it.

New York City. DR. BALANCEWHEEL.

THE SELECTION OF GIFTS FOR YOUNG CHILDREN.

BY REV. F. H. PALMER.

WE have a deep conviction, borne out by years of experience and a close observation of many play-rooms and toy-baskets, that less intelligence is exercised in the selection of gifts for young children than in relation to almost any other particular of nursery economy.

This is the more strange and regrettable when we consider seriously the vast influence for good or for evil which is exercised over the child by the things he is interested in, and the objects he plays with, in the formative hours of early childhood. The play-room does much to form or deform the physical, mental and moral, the æsthetic and the emotional temper and character of the young human being. Those whose duty it is to have an oversight of the environment of the youthful spirits committed to their charge should not be so ready, as many are, to regard the play-room as the waste-room of the household, into which may be dumped anything and everything which is not fit for use elsewhere. A careful scrutiny of all gifts sent in by well-meaning but injudicious grand-parents, aunts and neighbors, will a hundred-fold repay the time it takes. And a little forethought on the part of all who contemplate testifying their affection for their own or other people's little ones in overt forms, will bring about a change, which, if it ruins a few publishers of grotesque picture-books, and sundry makers of hideous and nondescript animals, and impossible acrobats, will at least improve the taste and morals of the coming generation, and make room for healthful and helpful devices for amusing and entertaining our young charges. The constant recurrence of birthdays, to say nothing of Christmas and other holidays, makes this ever a timely topic. And it is one to which we give far too little thought.

Our first count will perhaps be against the injudicious selection of gifts that minister to the physical ill-being of the child. Here may be classed the various candies, pastries and sweetmeats which are indiscriminately showered on young children on festal occasions, by all sorts of friends and relatives, and which make birthdays and other holidays almost a dreaded nightmare in some homes.

It is questionable taste, to say the least, to select a gift for any one that ministers solely to this lower nature, to his appetite. All candies and similar dainties are not, by any means, to be ruled out at Christmas, or denied to children at other times. But these things may be safely left to the parents to provide, and should not be promiscuously dispensed to young children. We speak as those who have suffered from the mistaken kindness of motherly old ladies and auntish parishioners, who have felt called upon, not only on festal occasions, but upon chance calls, and whenever opportunity offered, to make awful onslaughts upon the digestive systems of our darlings, with shot and shell of cakes and candies, until we have been forced oftentimes, in sheer desperation, to beat a hasty, ignoble and apparently discourteous retreat.

Under this general head of things, physically evil, we would count out also toy-pistols, fire-arms and all dangerous playthings. There is a species of adventure in playing with toys of this description that makes them popular with a certain class of boys ; but they should never be entrusted to very young children. Wait awhile before trying to cultivate manliness in these ways. Such things should always be used under the supervision of an older person, and entrusted only to boys who are characteristically careful. A sling, a bow-gun, or a toy-pistol in the hands of a heedless child may inflict on some one a life-long deformity and sorrow. Don't give such gifts to other people's children anyway. Think long and deeply before you select them for your own.

Our second count is against playthings that grossly violate the true principles of art. They are numerous. They are infinitely mischievous. Horrible caricatures of the human face and form, hideous pigs and goats and elephants, deformed dolls, misshapen carts, trees and houses, the thousand and one forms of repulsive representation in paint, wood, cotton, plaster and ivory that are devised and executed with the sole object of extracting dimes and dollars out of the pockets of indulgent grandpas, fairly deluge our little folks on festal occasions. They stare at us out of every corner. They trip our foot at the threshold of parlor and study. Their corrupting influence is felt in every portion of the household.

There is not the excuse that we are shut up to the necessity of choosing these ugly and unwholesome gifts for the lack of better, for there are many beautiful books, and simple toys and playthings, that will help the unfolding mind and heart of the child to expand naturally and healthfully.

Building-blocks are always in order, and afford lasting enjoyment, and furnish a most useful stimulus to the inventive faculties. They cultivate both eye and hand. There can hardly be too many of them. If duplicate sets come in at any time keep them all. Children do not tire of them, there is such an infinite variety of things that can be made with them. They are among the best of gifts to young children.

A few simple tools, and some soft wood to use them on, can be entrusted to boys of four or five years, and they will begin a process of education which will be useful to them in all their after-life.

A whole list of simple and unobjectionable toys might be given, but it will not be necessary to do more than to remember that children are always most pleased with those playthings that are akin to the pursuits of real life. Boys like blocks, engines, horses, mechanical toys. Girls like dolls and miniature kitchens. In selecting any of these things choose those that are simple and natural. Keep close to Nature and you will develop the instincts that are related to true art.

A third count is against the general failure of givers to make a positive use of the opportunity afforded to help the young child to develop a strong character and a pure taste. We know of an instance in which the gift of a pretty bookcase, with a little encouragement to acquire a few really good books to keep in it, was the foundation of what became in a few years a really valuable library. Better still, a bent was given to a previously aimless but expanding mind which developed a superior literary taste, and resulted in the choice of literature for a profession. Thus the whole life-current received its direction from a wisely bestowed gift.

Most giving to young children is too aimless and desultory. Whatever a child is thoroughly interested in has for him a large educational value. Ownership always creates interest. Therefore give him that which will be good and not evil for him to be interested in.

It is our conviction that good books are among the most sensible presents that can be made even to a little child who is too young to read. They can be read to him, he can be made to feel the pride of ownership, and the responsibility of caring for them and keeping them in good condition will be helpful. He will soon learn to read them and then will find himself possessed of something having real value, whereas the miscellaneous toys and playthings that are commonly given are soon broken up, worn out, and thrown away.

ONE YEAR OLD.

BY D. L. M.

GAILY swings the cherry spray
In the sun:
In the shadow of the tree
Sits my little boy with me;
He is one year old to-day—
He is one.

Busy thoughts must backward stray;
How they run
To the peace that followed pain,
When began his mimic reign,
Who is one year old to-day—
Who is one.

In his laughter rare but gay
Echoes fun,
But the serious eyes of blue
Seem to glass an epoch new:
He is one year old to day,
He is one.

Of the aims that men essay
He has none;
Yet with tingling hand and eye
Borrows store of earth and sky,
Though but one year old to-day—
Only one.

Life, whose prizes oft delay,
Is begun:
Not for breezes bland I crave,
But a soul to breast the wave!
He is only one to-day—
Only one.

When with furled sail in the bay
Life is done,
May a faithful voyage passed
Cheer his backward glance at last,
Who is one year old to-day—
Who is one.

A SANTA CLAUS DISCUSSION.

BY A. L. LANE.

WELL, said Mrs. Sydney, in the tone which gives that useful monosyllable an air of resignation, "Christmas is almost here, and I must arrange my plan of action so that I may at least be consistent if I can't be truthful."

The Co-operative Drudgery Club was holding its weekly meeting in Mrs. Hurst's sewing-room. The three young married women who composed it were in the habit of making their commonplace work more attractive by doing it together, and as their children were of nearly the same age, their husbands alike possessed of small salaries, and their social standing equally removed from either extreme, they did it with considerable success. Sometimes it was darning stockings or turning sheets; last week it was picking over barberries, and to-day it was gingham aprons.

Mrs. Howe looked up from her work in bewildered surprise. Her button-holes were miracles of beauty and strength, but her eminently practical brain toiled rather heavily after little Mrs. Sydney's quick wits. Mrs. Hurst understood directly. "Hasn't Philip outgrown Santa Claus yet?" she asked, looking at the length of her Fred's sleeve in some consternation. The children were really growing up.

"No, indeed," said Mrs. Sydney; "and, what is more, no one likes less than I do to undeceive him. I've always said that my children should have all the pretty beliefs and illusions of childhood, and Phil and Elsie were brought up in strict accordance with that idea. But now I find myself in a serious difficulty. Even last year I went sorely against my conscience, and now it will be worse, for they are older and reason better, and will soon pick flaws in my weak logic. Yet how can I deliberately tell them that all their fancies, for which their father and I am directly responsible, are false and foolish? They have as much honest faith in Santa Claus as they have in me. Why won't they say, like the little boy in the newspapers, 'Well, I suppose you have been lying to me about Jesus Christ in the same way?'"

"Yes, that is just what I have always said," chimed in Mrs. Howe. "Fairy tales and St. Nicholas, and nonsense books—I've no patience with such trash. If my child can't read sensible books she needn't read at all; and, as for Santa Claus, she thinks it is very silly, just as I do. I am sure it does more harm than good."

Mrs. Sydney and Mrs. Hurst exchanged a glance of covert amusement. Harriet Howe was a demure, staid, tidy little girl, but both ladies found her unpleasantly matter-of-fact.

Mrs. Hurst got up, and softly opening the door into her sunny dining-room, motioned to her companions to come and look. Curled up in a big chair by the window was a clear-eyed, ruddy-cheeked girl of ten so absorbed in her book that she did not heed the opening and closing of the door. Mrs. Hurst took up her shears again with a quiet smile. "She is reading Grimm's Fairy Tales," she explained.

"Surely," began Mrs. Howe, remembering the three years difference between Mrs. Hurst's daughter and her own little Harriet, "surely, she does not believe it all."

"Certainly not; she never did, for that matter, but she enjoys it none the less. The fact is that the average child takes quite as much pleasure in fairy tales, if he does not regard them as sober truth, and grown people delude themselves as successfully as they do their children when they preach and practice the contrary. As to Santa Claus, I must admit that there credulity seems necessary to enjoyment, but I think that most children comprehend the simple masquerading of papa and mamma without any loss of faith, provided the play is not carried on too long or too seriously. Children are so different, however, that rather than run the risk of losing my child's confidence I would have him forego the short-lived pleasure of that time-honored myth. I think

Fred's babyhood was none the less happy because St. Nicholas was to him only a nursery rhyme. I never quite dared to begin the play with him, lest my lack of tact, or his want of imagination might lead me into serious trouble."

"I wish I never had," said Mrs. Sydney with energy; "but one thing I have never done, and that is to make Santa Claus an instrument with which to threaten and punish. Philip said to me the other day: 'Isn't it nice, mamma, that Santa Claus loves me even if I'm naughty?'"

"And there was your lost opportunity, Carrie," interrupted Mrs. Hurst. "You could easily have made him see that only father's and mother's love could have stood that test. However, I think you will find it not so difficult as you fancy to make him understand, and I would do it as soon and as gently as possible."

"But isn't it a shame to take away all the wonderful things he revels in?" said Mrs. Sydney, going back to her original position in self-defence. "Wont he lose much by a too sudden entrance into this prosaic world?"

"The loss is inconsiderable, truly," Mrs. Hurst hastened to say, "beside such a fearful risk as shaking a child's faith. And as for the term prosaic world—why, Carrie, you cannot be in earnest. Wait a minute until I find what converted me to my theory," and Mrs. Hurst proceeded to overturn the contents of her desk in a fashion which distressed Mrs. Howe. Producing a bulky letter she began to read:

"Need a child want for wonder and beauty when the story of the suns and stars and comets is to be told, and the growth of the earth with the huge monsters that once ran over it, and the mysterious depths of the sea, with its fauna and flora, and all the plants and animal worlds with their evolution, and the story of man, itself enough to last a lifetime? And for fairies and giants and witches and elves, the magic powers of the world of which we know so little—take the laws and forces and facts of life, horrible and beautiful and strange and *all true*, so that the child can keep that awe-stricken, delighted belief, and the world will never grow prosaic to him, but always be the wonder world of childhood. Take that one case in evolution—how the horse was once no larger than a fox and had five toes! What child but would revel in it, and what a glorious fancy story it would all make!"

"There," concluded Mrs. Hurst, "that was written years ago, by a dear friend of mine, but it seems to fit your case pretty well."

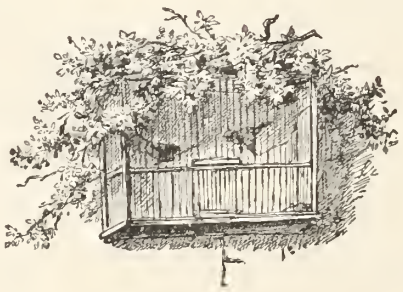
"Oh, dear me!" cried Mrs. Sydney, "but I didn't even know that myself—about the horse, I mean. I'm afraid I must make my children's fiction a specialty."

"That is part of the trouble," said Mrs. Hurst. "We are often too lazy or too ignorant to do our work well. It is so much easier to put a volume of Grimm's or one of Andersen's into a child's hands than to prepare ourselves for scientific fairy tales. And perhaps even these might prove too heavy a diet. Fortunately for those of us who want to develop our childrens' imagination as much as we do their muscle, there are always "Alice in Wonderland" and "The Water-babies," which are not likely to be taken too seriously.

Mrs. Howe slipped her button-hole scissors into their neat case and picked the threads out of her lap.

"It is five o'clock," she said as she rose. "I must say that I'm glad that Harriet doesn't care for such things. It must be so hard to decide what is best."

"I'm afraid I have been abominably dictatorial," said Mrs. Hurst with sudden compunction, as she divided the five finished aprons. "Do let the little folks have all the fairy tales they want, provided they and we remember that there is nothing in earth or heaven so necessary to our right living as the truth."



THE NURSERY TABLE—III.

BY CHRISTINE TERHUNE HERRICK.

DESSERTS.

AMERICAN children are probably allowed greater license in eating sweets than is accorded the juveniles of any other civilized nation. Even habitually wise guardians of youth often seem to labor under an impression that so long as a dessert, a cake or a candy is simple, it can do no harm, although eaten in large quantities, and when a parent is ignorant or indifferent, the liberty a child has to work out his own digestive destruction is sometimes fairly appalling.

I remember well a small rustic, aged ten, who once horrified me by his recklessness in this particular. I caught him eating candy before breakfast, and ventured a mild remonstrance.

"Sho, that ain't nothing," he replied cheerfully. "Look here!" opening his mouth wide to display two rows of decayed plugs of teeth. "Ma, she says they come that way from eatin' candy. I most always take some to bed with me, an' when I wake up in the night, I eat it." Not an hour later his grandmother bemoaned to me Tommy's loss of appetite. "He wouldn't eat a mite of breakfast," she said. "But I guess I'll just bake him up some molasses cookies. He is real fond of them, and he'll eat them when he doesn't seem to have appetite for anythin' else, except candy."

Sensible mothers seldom go so far as this, but they do sometimes allow their children to eat freely of sweet things they have no business to touch, like a certain judicious matron who gave her seven-year-old son a piece of mince-pie for his dinner after he had spent all the previous night in the agonies of a bilious attack. Yet she was in the main a prudent as well as a devoted mother. Children who have never been accustomed to eating indigestible dainties will not crave them. There are plenty of simple sweet dishes which may be prepared for the nursery table, and these will be as heartily relished by the little ones as are the dyspepsia-provoking delicacies served to their elders.

The occasional use of sugar is not harmful to healthy children, and it is a mistaken judgment that tabooes all desserts except stewed or fresh fruit. Suggestions for simple sweet dishes are here given.

White Custard.

Two cups milk.
Whites of three eggs.
Half cup sugar.
Half teaspoonful extract of vanilla.

Heat the milk to scalding. Stir the sugar into the whites, *but do not beat them.* Pour the hot milk upon the sugar and whites, stir until the sugar is dissolved, flavor and turn the custard into a small pudding-dish or into custard cups. Set the dish or cups in a pan of boiling water, cover closely and bake until the custard is set. Do not allow it to brown.

Yellow Custard.

Two cups milk.
Yolks of three eggs.
Half cup sugar.
Half teaspoonful extract of vanilla.

Beat the yolks of the eggs light and add the sugar. Heat the milk, pour it on the yolks and sugar, and proceed as with white custard.

Boiled Tapioca Custard.

Two cups milk.
Two eggs.
Two tablespoonfuls tapioca soaked for six hours in a half pint of cold water.
Half cup sugar.
Small teaspoonful vanilla.

Heat the milk in a double boiler, salt slightly and stir the tapioca into it. When this is dissolved, pour it over the beaten yolks of the eggs and the sugar. Return it to the fire and cook until the custard begins to thicken and is of a creamy color. Take care that it does not curdle. Take from the fire and flavor. When it is cool, turn it into the dish in which it is to be served, and just before sending it to the table, heap on the top of the custard the whites of the eggs beaten light with a tablespoonful of powdered sugar.

Baked Tapioca Custard.

Take the same ingredients that are required for boiled tapioca custard, and proceed according to the foregoing direction until the point is reached when the tapioca and milk are poured upon the eggs and sugar. Instead of returning it to the fire, turn it into a pudding-dish and bake until firm. Make a meringue of the whites

of the eggs beaten light with two tablespoonfuls of sugar, draw the pudding to the door of the oven, spread the meringue over it, and then brown this very lightly. Eat cold with cream.

Nursery Macaroni Pudding.

One cup macaroni—the spaghetti variety.
Three cups milk.
One tablespoonful butter.

Break the macaroni into inch lengths and cook it in boiling water for ten minutes. Drain this off and pour the milk over it. Simmer it in this until the macaroni is tender. Use a double boiler, that there may be no danger of scorching. When it is done, take it from the fire, stir in the butter and serve. Eat with butter and sugar. A simple but palatable dessert.

Cornstarch Pudding.

Two cups milk.
Three eggs.
Two small tablespoonfuls cornstarch.
One cup of sugar.
One tablespoonful butter.
Juice and grated peel of a lemon, *or*
One teaspoonful vanilla extract.

Wet the cornstarch to a paste with a little cold water, and stir it into the milk, heated to scalding in a double boiler. Cook until the mixture is thick and smooth and add the butter. Have the eggs beaten light with the sugar, and pour over them the thickened milk. When thoroughly mixed, add the flavoring and turn into a pudding-dish. Bake twenty minutes, most of the time covered. Eat cold.

Arrowroot Jelly.

Two cups boiling water.
One heaping tablespoonful arrowroot.
One teaspoonful sugar.

Mix the arrowroot with cold water to a paste, add the sugar to it, and stir it into the boiling water on the fire. This will thicken almost instantly, but it should cook at least five minutes. It will grow clearer as it boils. Pour it into jelly glasses or tiny moulds wet with cold water, and set it aside to cool. It must stand several hours to become really firm, but it is never quite so good if it is more than a day old. Eat with sugar and plenty of cream. At least three generations of children in one family known to the author have considered this delicacy one of the chief alleviatives of illness and convalescence.

Arrowroot Blanc-Mange.

May be made like arrowroot jelly, substituting boiling milk for water.

Bread and Jelly Pudding.

Two cups bread crumbs.
Three cups milk.
Two eggs.
Half cup sugar.
Half cup fruit jelly.

Butter a pudding dish and cover the bottom with about two-thirds of the crumbs. On this put the jelly by spoonfuls. Cover this with the remainder of the crumbs. Heat the milk and pour it upon the sugar and beaten eggs, and then put this by the spoonful upon the pudding. By adding the custard gradually, allowing each spoonful to be absorbed before another is put in, the top layer of crumbs is not washed from the jelly. Bake about twenty minutes and eat cold.

Bread and Apple Pudding.

Enough bread sliced thin to half fill a quart pudding dish.
Two eggs.
Three cups milk.
Half cup sugar.
Butter and apple sauce at discretion.

Spread the bread lightly with butter and thickly with apple sauce. Arrange the slices in layers, sprinkling each with sugar. Heat the milk, mix it with the beaten eggs, and pour this by degrees upon the bread. Let the pudding stand twenty minutes or until the custard is absorbed so that the bread will not float. Bake until the pudding is well set. Eat cold, or warm, with sugar and cream. If the bread seems disposed to float before putting the pudding to bake, turn a saucer over it.

Hominy Pudding.

Two cups milk.
One cup cold boiled hominy.
One tablespoonful butter.
Two tablespoonfuls sugar.
Two eggs.
Pinch of salt.

Rub the hominy very smooth with the back of a spoon, work the butter and sugar into it, stir in the milk, eggs and salt, and bake in a buttered pudding dish.

Indian Pudding.

One quart milk.
One cup Indian meal.
Two tablespoonfuls butter.
Three tablespoonfuls molasses.

Heat the milk to boiling and pour it upon the slightly salted meal. Return to the fire and stir to a thick, smooth mush. Take from the fire, add the molasses and butter, beat up well and turn into a pudding-dish. Bake in a steady oven three hours. At the end of two hours, break the

top crust of the pudding and stir it well up from the bottom. If the oven is so hot that the top crust forms too quickly, cover it for a while. Eat warm with butter and sugar.

This should not be given to children who are suffering from loose bowels.

Sweet Potato Pudding.

Three cupfuls mashed or grated sweet potatoes. The potatoes should be dry, not waxy.
Three eggs.
One cup milk.
Two tablespoonfuls butter.
Half cup sugar.

Cream the butter and sugar, add then the eggs, beaten very light, and the milk to the sweet potatoes, beat all together and bake half an hour. Eat cold or warm, not hot.

Baked Apples.

Core large sweet apples, arrange them in a pudding-dish, pour over them a cupful of cold water, cover closely and bake slowly until tender enough to pierce with a straw. Set them away with the juice around them. If the apples are tart, peel as well as core them, pour a cup of water over them, sprinkle them thickly with sugar, and cook them, closely covered, in a moderate oven until tender.

Apple Scallop.

Three cups apple sauce, well sweetened.
Two eggs.
One cup fine bread crumbs.
Two tablespoonfuls butter.

Heat the apple-sauce, stir in the eggs and all but two teaspoonfuls of the butter. Butter a pudding-dish, sprinkle the bottom with half of the crumbs, put in the apple-sauce, strew the remaining crumbs over the top and put the two teaspoonfuls of butter, broken into little bits, here and there on the top. Bake twenty minutes covered, uncover and brown.

Brown Hasty Pudding.

One cup milk.
One cup water.
One cup Graham flour.
A little salt.

Have the water boiling in a saucepan. Salt the Graham flour, wet it to a paste with cold water, and stir it into the boiling water. Cook twenty minutes, stirring it constantly. At the end of this time add the hot milk, and cook ten minutes longer. Great care must be observed to prevent its scorching.

This is to be eaten with sugar and cream, and if the children care for nutmeg, a suspicion of this may be grated over it.

Sago Blanc-Mange.

Two cups milk.
Half cup sago.
Half cup sugar.
One teaspoonful extract of vanilla.

Soak the sago over night in a cup of cold water. Heat the milk and dissolve the sago in it. Then add the sugar and cook twenty minutes in a double boiler, stirring from time to time. After it comes from the fire whip it with a Dover egg-beater for about five minutes, then flavor and set to form in a mould wet with cold water.

Farina Blanc-Mange.

Four cups milk.
Four tablespoonfuls farina.
Two eggs.
One cup sugar.
One teaspoonful extract of vanilla.

Heat the milk in a double boiler, and stir in the farina, wet to a paste with a little cold milk. Cook fifteen minutes. Have ready the yolks of the eggs, beaten light with the sugar, and pour the hot milk upon these slowly, stirring all the time to prevent curdling. Return to the fire, cook about five minutes and take from the stove. Beat the whites of the eggs until they will stand alone, and then whip them into the hot blanc-mange. Pour into a mould dipped in cold water, and set in a cool place.

A Plain Cake.

One cup sugar.
One large tablespoonful butter.
Half cup milk.
Two eggs.
One cup flour.
One teaspoonful baking powder.

Cream the butter and sugar, beat the eggs light and add them, stir in the milk, and the flour sifted with the baking powder. Bake in small tins.

If baked in layers, this is admirable for strawberry or peach shortcake, while, spread with jelly or apple sauce, it makes an excellent layer-cake for older people than those who usually gather about the nursery table.

Sponge Cake.

Three eggs.
One cup powdered sugar.
One cup sifted flour.
Juice of a lemon and half the grated peel.

Beat the eggs very light, the whites until they are stiff, the yolks to a cream. Add the sugar to the latter and stir in the lemon juice, and then beat in the flour and whites. After these are in, stir as little as possible. Bake in patty-pans or in a small loaf.

Berry Pudding.

Two cups fine cracker crumbs.
Two tablespoonfuls butter.
Two cups strawberries, blackberries or raspberries.
Half cup sugar.

Rub the butter with the cracker crumbs as you would with flour in making biscuit. Strew a thick layer of them over the bottom of a buttered baking-dish, then arrange a layer of the berries, sprinkling them with sugar. Spread over these more crumbs and proceed with the fruit and crumbs in alternate layers until the dish is full. The top stratum should be of crumbs. Bake covered half an hour, uncover and brown lightly.

If the fruit is not very juicy, it will be necessary to pour in a little hot water, about half a cupful, to prevent the pudding's drying out.

THE MOTHERS' PARLIAMENT.

More about Poetry for Children.

—In answer to the letter of Ida S. Harrington in the October BABYHOOD, and to others who have questioned about Number One and Hurdy Gurdy, I wish to make a few explanations.

As will be seen by a reference to the articles in the May and August numbers, the poems of Lowell came to these children in a most natural and unforced manner. They were studied by me for class work, and the children, as is their custom, wanted to hear what was being learned. Had I been selecting "poetry for children" I should not have chosen either "The Ode to France" or "The Present Crisis," to present to them, but I saw no reason why I should refuse to "study out loud" in answer to their demand.

They are always interested to know what is interesting me, and instead of telling them that this or that is too old for them, or not interesting, whenever it is practicable I study out loud and let them judge for themselves. This accounts for their having heard bits from many poems which would not have been selected to read to them for some time yet, and while they often say: "Never mind—that will do—I don't care for that," I find that they yet more often appropriate that which is good for them to have, but which does not ordinarily come before children of their years.

Their learning the poems in question was entirely spontaneous, and in each case there was no indication that they were learning what I was studying until they began repeating it; during my study-hour they were sometimes "writing it down" and sometimes playing about the room, busy with their own amusements.

I took particular pains not to test their memories, lest I might tire or over-excite their brains, and did not gratify my curiosity as to how much of the poems they knew, except by noticing that they seemed equally familiar with all parts, and would begin to recite without hesitation whatever lines were appropriate to the occasion. It should be stated that our children inherit from both sides of the family the inclination to learn and the habit of learning and reciting poetry to an almost unlimited extent. It diverts their minds during dressing and undressing, rests them when tired or ill, consoles them when disappointments, delays or accidents occur, accompanies and furnishes subjects for their play, and is the last thing they hear before they nestle down to sleep.

The poetry these children have taken has been to an unusual degree of their own choosing, rather than "cut and dried" for them, forced upon their unappreciative minds, or given in an attempt "to draw them to our own intellectual level." A plentiful supply of "the good old favorites" has also been given, with all that we could find of value in so-called "literature for children." The boys know Mother Goose *ad libitum*, "The Owl and the Pussy Cat," and many other of Edward Lear's "Nonsense and Wonder Rhymes," a large number of the poems in Whittier's "Child Life," and a varied selection of simple poems from authors known and unknown. These all are "closely interwoven" with their childish lives, loved and appreciated; and we have no reason to fear that we have taken away their "rightful enjoyment of child literature."

Nor do I think that "the man's appreciation of poems appropriate to mature years" is marred by voluntary acquaintance with such poems during childhood, any more than I think his artistic taste is injured by being allowed to see and hear the best there is to see and hear in painting and music, although far beyond his understanding. In this I think the ideas of Ida S. Harrington and the writer of this article agree more nearly than is at first apparent. It is the forced attention to what does not appeal to the child's comprehension or imagination that is injurious to the development of his taste. Of such forcing the cases of Number One and Hurdy Gurdy are *not* illustrations, while that of parsing "Paradise Lost" at school is a perfect example.

I am thinking of the vast amount of poetry, juvenile and otherwise, that your correspondent shuts out from the knowledge of her children by her limitations. She excludes all that was meant for mature years; all allusions to sickness, sin and sorrow; all that is not in accordance with their knowledge of life; and finally, would surround them "only with the best books that they are capable of understanding and appreciating.

"In School Days," "Maud Muller," Barbara Fritchie," "Hiawatha," "The Lady of the Lake," "The Vision of Sir Launfal," "The Birds of Killingworth"—these were "meant for mature years;" "Betty Pringle's Pig," "There Was a Man in Our Town," "Three Wise Men of Gotham," "The Frog Who Would a-Wooing Go," "Tom, Tom, the Piper's Son"—these are recitals of sickness, sorrow and sin; "The Owl and the Pussy Cat" (which I. S. H. nevertheless admits) is certainly not "in accordance with a child's knowledge of life," and he might, "as any bright child would," become "impressed with the idea of *imitating the poem*" (the italics are my own); should he read:

"Taffy was a Welshman,
Taffy was a thief;
Taffy came to my house
And stole a piece of beef.
I went to Taffy's house,
Taffy wasn't home;
Taffy came to my house
And stole a marrow bone.
I went to Taffy's house,
Taffy was in bed;
I took the marrow bone
And beat about his head."

As for our correspondent's final exclusion, what would I. S. H. select in order to give to the child only what he is capable of understanding and appreciating? And how are his discrimination and appreciation to develop if he receives nothing in advance of his present attainments?

The fact is, I have had to discard from what has come up for presentation to the children more of the distinctively juvenile literature than any other kind.

Being simpler and more within their comprehension, nursery tales of crime and woe are more vivid and appeal more directly to childish sympathies than do those adapted to mature minds. In the latter class of poems it is usually the uncomprehended charm of style and rythm, and the novelty and beauty of the descriptive parts that appeal to his ear and imagination, rather than the more involved allusions which to the adult would suggest passions and sorrows, of which the child has and should have not the faintest conception.

I consider the tale of "The Babes in the Wood" too sorrowful for them, as the common version of "Little Red Ridinghood" is too exciting, and would not select either as desirable to bring before them. And as for gruesomeness, where in the whole range of mature literature is there anything to equal this:

"Who killed Cock Robin?"
"I," said the sparrow,
"With my bow and arrow,
I killed Cock Robin."

"Who saw him die?"
"I," said the fly,
"With my little eye,
I saw him die."

"Who caught his blood?"
"I," said the fish,
"With my little dish,
I caught his blood."

And so on through the six or eight pages, pro-

fusely illustrated in the most glaring colors, of the book which some one proposed presenting to Hurdy Gurdy last Christmas. Luckily, my opinion was asked before the purchase was made, and the question of suppression averted. I do not know that "Cock Robin" would have hurt the boys any, but I decidedly preferred, to say the least, that they should have the story of "The Three Little Kittens who lost their Mittens," which was finally substituted.

Realizing, with I. S. H., that the lack of self-consciousness is one of childhood's loveliest traits, it has always been my earnest study to avoid anything which might tend to draw the attention of the children to their own peculiarities or attainments, and I have not found any indication that their thoughts have become self-centered, or that, beyond the development natural to their respective ages, they have lost their innocent artlessness. They do not know that they have been written about; they have never been asked to repeat poetry or do anything else "for show;" and I have several times been told that the most charming thing about their sometimes remarkable conversations is their entire unconsciousness.

It will be seen that while I take issue with your correspondent in regard to what poetry should and should not be given to children, and repudidiate the idea that what has been given to Number One and Hurdy Gurdy has had an injurious effect upon them, I agree with her on general principles: that a child should have a plentiful supply of the best of child literature; should never be put through any kind of forcing process whatever; should develop by his own "infinite delight in finding out new things," and "without conscious effort," and, above all, that he should be so guarded and guided that his life may be blessed by the inestimable benefits resulting from a pure and a happy childhood.—*Fannie Wilder Brown, Newton, Mass.*

A Simple Remedy for Constipation.

—If Baby's bowels fail to move at the proper time, take him up for a few moments, and let the vessel of his chair be well rinsed out with boiling water; put him in his chair again and the gentle heat will soon stimulate the bowels into action, and the desired effect will result. I have never known it to fail. Baby has used a chair since four months old, is now fifteen, and never been a day constipated or taken any medicine or injections.—*J. F., Brooklyn.*

Good, if Old-Fashioned.

—The other day my little daughter came in screaming with pain. A playmate had accidentally thrown sand into her eyes. In vain we tried to wash it out of the poor, inflamed eyes. At last the remedy of a wise, old friend occurred to me. Coaxing the little maid to stand still, I gently lifted the eyelid, and with the tip of my tongue speedily removed each grain of sand. The same wee girl found to her sorrow that a wasp carries a "very sharp pin in his tail!" But a drop of ammonia on the spot he stung acted like a charm, taking away the pain almost as quickly as it came.—*R., Edinburgh, Scotland.*

The Day after the Fair.

—In the multitude of preparations for Christmas Eve and Christmas Day let it not be forgotten that the day after is often the most utterly forlorn of all in the year to certain of the children, if no precaution is taken to impress their minds beforehand with the fact that the holiday, so great to them, is only the first of a series of many days in which they are to enjoy their presents. Waiting until the *next* Christmas has a most doleful outlook to little tots. A year! A whole year! How short a span to those of us who have seen thirty or forty or fifty of them, but what an illimitable future to those who haven't yet known the vicissitudes of half a dozen! Nervous and excitable little folks who have been indulging their expectations for days or weeks will, when the surprises and novelties are all digested, suffer a sort of reaction and go to bed on Christmas night depressed with the idea that "it's all over;" and while unfortunately it is true and is only a foretaste of what they must learn on a more extended scale when they grow up, we can plan beforehand little ways of softening the blow, especially for the youngest. "Doesn't Cwissmas be any more to-morrow?" asked a little three-year-old in our family last year, with a half-frightened look in her sleepy eyes. "Oh, yes!" she was hastily assured, "always, for babies." And when she had been securely stowed away in the land of nod, a deal of scurrying was done to prepare a trifling surprise of some sort for every morning of the next week.

The tendency on all holidays is to overdo, and for this reason, if for no other, it is well to hold something in reserve for the end of the day—some toy or game that has an element of perma-

nence and which will serve as a link to connect the days following with the one of greatest celebration. Then, when sleepy-time comes, it will not be shadowed with the pall of regret—so severe to little folks—that Christmas is all over and that there is to be no more rejoicing of the same sort for twelve weary months.—*Susie B. S., Portsmouth, N. H.*

NURSERY PROBLEMS.

Protruding Ears.

To the Editor of BABYHOOD:

(1) Would you be so kind as to suggest a remedy for my baby's protruding ears? When she was born they were close to her head, but now they stand out, and I don't know what to do.

(2) Also kindly advise me how early to give a bottle baby food such as farina, cornstarch, etc.

J.

(1) A close-fitting cap or bandage made to tie snugly over the ears, especially during sleep, has some influence upon the protrusion. The compressing band must be so adjusted as not to be unpleasant under the chin. For this reason a baby's cap with inside pads is better. Operative measures (surgical) are sometimes employed, but in our judgment should be called in only in aggravated cases.

(2) If you mean the ordinary farina or cornstarch pudding, which is solid when cold, we think that it is not usually digestible before one and a half years at the earliest.

Winter Dress; The "Dressing" of The Crib.

To the Editor of BABYHOOD:

Will you please give me a little light, in your next issue, if possible, on the following questions:

(1) What garments, and of what materials, do you advise for the winter wear of a baby, a year old in November, in the climate of northern New York?

(2) Where a flannel night-dress is worn, as you recommend, is it better to wear the shirt also, or is the one garment sufficient in the winter time?

(3) How should the crib be dressed? Do you advise sleeping between flannel blankets?

Saratoga Springs, N. Y. J. H. M. S.

(1) A child of a year should wear, we think, a merino undershirt, high-necked and long-sleeved; a Gertrude flannel garment, without sleeves; a cambric petticoat to protect the flannel from soil, and the customary cambric frock. Add to this, long merino stockings covering the knee, and kept in place by being pinned to the napkins, and soft kid moccasins. The need of a house sacque must be determined by yourself. A knitted band about the abdomen is an excellent precaution against cold, but very many healthy babies do not wear bands, nevertheless.

(2) We think a shirt, under the loose flannel night-gown, is desirable in a northern climate in winter.

(3) BABYHOOD does not quite understand what you mean by the question, "How should the crib be dressed?" If "dressed" in the sense of decoration is meant, we say promptly, in the simplest possible manner. Unless a crib stands in a specially draughty corner, which, presumably, it does not in your case, there is no utility in curtains beyond their prettiness, while they harbor much dust and many foreign particles which were better away from Baby's lungs. But if curtains must be used, let them be either of such material as may be frequently and readily laundered, or so inexpensive that they may be often changed for new ones.

If by "dressing" is meant merely what bed clothing is desirable, we should say a square of rubber cloth over the mattress, cotton sheets, a quilted pad made of cheesecloth, which is easily washed, for Baby to lie on, a pair of soft blankets, a light weight white counterpane for appearance, and a down quilt outside the counterpane for especially cold nights. The weight of these articles, an important consideration in the covering of infants, is almost the minimum that can be used; while the warmth is all that is necessary for the prevailing winter weather, in your part of the country. Where flannel night-gowns are worn, we do not consider it desirable for any but very young infants to sleep between blankets, unless in case of extraordinary cold.

Concerning Medical Books for Mothers.

To the Editor of BABYHOOD:

Will you kindly tell me of some reliable books on nursing?

I should not feel competent to care for my little one in severe sickness, and, therefore, could not aid the physician as I would wish to.

I have read the article in the July number of BABYHOOD. Would the book from which it was taken be one I need, and where could I get it?

I thought of "The Diseases of Children," second edition, by Goodhart & Starr. Would you advise me to get it? I have Dr. Starr's "Hygiene of the Nursery," and find it invaluable. I am glad there is a magazine like BABYHOOD. I could not do without it. T.

Shelton, Conn.

There are books on nursing proper and books giving more or less medical information for domestic use. Of the former, besides the one quoted in the July number, you will find in the August number an extensive quotation from Dr. Billroth's book, the translation of which is published by Charles Scribner's Sons in New York. There is a book on obstetrical nursing by Fullerton, which is considered quite a good one.

Goodhart & Starr's is a good book for medical students and might be useful for you. Another book recently published, called "The Mother's Handbook," by Levin J. Woolen, M.D., seems to us to be a judicious one and covers sufficiently fully for domestic use subjects connected with pregnancy, childbirth, children's diseases and household hygiene. If you desire a work of this kind we think that you will be quite pleased with this one. Combined with a special work on nursing it would probably give you all you need. It is published by the Everrett Waddey Co., Richmond, Va.

Outfits for Boys and Girls.

To the Editor of BABYHOOD:

Will you kindly advise me through your correspondence column how to dress a little boy who will be four next June?

(1) Is he too young for the little flannel trousers under a kilt, and if I choose, could he appropriately wear drawers and petticoats during this winter and next summer?

(2) If he wore the flannel trousers this winter, should they be like the kilt, and what would be worn in place of them with next summer's dresses?

(3) What is the prettiest style of dresses for a little girl of eighteen months?

(4) Which waist do you consider best, the *Ferris-Equipoise* or Double V, or is there some other kind more desirable for children? HELENA.

Portland, Me.

(1) Your little boy is quite old enough to wear flannel trousers under kilt skirts, or, if you prefer, may wear drawers and petticoats for the next year with equal propriety. The size and general appearance of the child may very properly influence the choice of style, as sex is much more marked in the outward appearance of some children than in others.

(2) The flannel trousers come ready-made in three staple colors—dark blue, dark green and brown—and are used with all kinds of kilts, it not being considered necessary that the trousers should match the skirts. In summer, trousers made of linen or piqué are used.

(3) For children of eighteen months—no difference is made on account of sex at this age—both the so-called "Mother Hubbard" style, and the short plain waist, with straight full skirt, are used. The "Mother Hubbard"—a deep yoke and full straight skirt—is equally becoming both to short and to slender figures; whereas the short plain waist is much more becoming to slender figures than to stout ones.

(4) The waists you mention are so equally good that any choice between them must be a matter of personal preference. There is another, called the "perfect" waist, which varies slightly from those mentioned, that is well spoken of, and which may be had of Best & Co.

Acute Indigestion.

To the Editor of BABYHOOD:

Will you advise me what serious mistake I am making in the diet of my three-and-a-half-year old boy? He is greatly troubled with indigestion, has an attack once or twice a month, coming on very suddenly and always beginning with pain in his bowels near his left side, followed by vomiting and fever. The pain seems to be caused by gas and is relieved by enemas sooner than by medicines.

The attacks come so suddenly I am unable to take any precaution to ward them off. They last from two to four days, and are not so serious as frequent. While my physicians say he will outgrow them he has had them at intervals since he was eighteen months old, and no improvement is visible yet. He has always been troubled with constipation till within the last three months, when his bowels became natural and regular, but I can see little change in his attacks. He has never had any other illness except colds and is out of doors constantly, but he eats scarcely anything. He will not even taste of fruit or vegetables and won't eat any of the cereals, but will eat a very little of meat, eggs, milk broths, bread and cocoa, and is fond of sweet potatoes, all of which seem digestible, but as he has these attacks frequently, I fear they are not.

(1) Would you give him a tonic to increase his appetite and then insist upon his eating different foods, and if so what kinds?

(2) Do you think his food too hearty?

(3) Is meat once a day objectionable?

(4) Would juice from pressed meat be better?

Bath, N. Y. AN ANXIOUS MOTHER.

The symptoms described seem to be those of acute indigestion, beginning with colicky manifestations. We cannot say that you are committing

any "serious mistake," beyond what is hinted at in your own questions.

(1) If you could be sure that you could make the child eat what you wish there would be no harm in stimulating his appetite.

(2) The food which he eats is pretty largely nitrogenous, which we suppose you mean by 'hearty. That is to say, he eats meat, eggs, milk, bread and cocoa, getting fat in the milk and cocoa and starch in the bread and sweet potato. Whether he has too much depends upon the strict meaning of "a little." But as he does not eat fruit, vegetables nor cereals, it does seem that the dietary was too concentrated, and that the addition to it (if the total amount now taken is small) or the substitution for a part of it (if the amount is large) of cereals would be a decided advantage.

(3) Not in moderation.

(4) We think not.

We think that there is probably a personal peculiarity in the case, which is to be accounted for, as the symptoms are beyond what should be expected simply from such a diet. We think that tonics for the digestion could be used to advantage, and that the physician on the spot can probably find some clew to the trouble which does not appear in your letter.

Marasmus.

To the Editor of BABYHOOD:

Will you please tell me what is the nature of the disease marasmus; if it is ever curable, and what the treatment is generally—that is, the best treatment? A FIVE YEARS' SUBSCRIBER.

Jamestown, N. Y.

Marasmus is not the name of a disease, but of a condition. It means simply a wasting of flesh, such as accompanies or follows any prolonged disease. But it has been particularly applied to cases in which the cause of wasting is more or less obscure. Hence it was formerly much used in connection with wasting diseases of childhood, especially such as we now know to be due to insufficient or improper and unassimilable food, as well as to the wasting of tuberculous children, and it also was sometimes confusedly used for some of the special manifestations of tuberculosis.

Marasmus may or may not be curable, according to the cause. If due only to poor food it often yields promptly to correction of the dietary and some appropriate medication. If it is due to tuberculosis of the abdominal organs or lungs there is small grounds for hope. The word is little used at the present time by physicians.

The Possible Causes of Persistent Crying; A Probable Case of Eczema.

To the Editor of BABYHOOD:

My baby girl is four months old. She weighed 6½ pounds at birth, now she weighs 11½ pounds. I tried to nurse her through the hot months, but was unable to do so through the month of September. She has cried ever since she was born, sometimes from colic and sometimes I have thought that she showed quite a good deal of temper. In September I went into the country with her, and there I tried giving her one cow's milk diluted half water and lime water. I stayed two weeks; then when I came back I had to change her milk, and she is now having herd's milk from fourteen cows mixed together—very good milk. While nursing her she cried almost continuously. I eat the best of food, but had a poor appetite and drank a great deal of milk, as one mother in BABYHOOD recommended; I also tried a bottle of Neutrolactis. I did not enjoy the milk, but drank it for Baby's sake. The doctor said there was no need of diluting Baby's milk, so now I give it to her undiluted. She doesn't throw any up, but still she cries. She has a great many movements through the day, perhaps eight or nine. She has sores behind her ears. I have used for this trouble hemlock bark and salve and have washed the parts with milk and water. I have also stopped using lime water, thinking that perhaps that distressed her, as I noticed that when the milk got cold in the bottle there would be lumps formed in the milk. I feed her every two and a half hours, she taking a nursing bottle not quite half full.

(1) Do you think my milk might not have agreed with her?

(2) Is a baby of her age old enough to show temper provided their father and mother each had a good share?

(3) What is your opinion of herd's milk undiluted, also about the lime water?

(4) What can I do for the sores?

(5) Would you advise feeding little and oftener, as some of my neighbors have advised me?

(6) Is her weight good for a baby girl?

Woodford, Me. AN ANXIOUS MOTHER.

(1) There is nothing for us to judge by, as no symptom is mentioned, previous to your feeding her, except her crying and her "temper." The milk may have disagreed or may have been too scanty. More probably the latter was the cause of the trouble.

(2) Yes, old enough, but colic, indigestion and fright, occasioned by the abrupt movement of attendants, are often set down as temper.

(3) We prefer herd's milk to one cow's milk. We prefer diluted milk for children of average digestion, until they are at least ten months old. The lime water certainly did not distress the child, and we should recommend its continuance. The food should not, in our judgment, contain more than two-thirds of milk, and possibly in view of the disturbance and distress half milk would be enough to begin with. If you fed her every three hours it would be better.

(4) The eczema, as we suppose it to be, is very largely due to the general condition. If it causes

much irritation dry the irritated places carefully and apply oxide of zinc ointment.

(5) See answer to No. 3.

(6) Her gain since birth is all that you could expect under the circumstances, and is, on the whole, fair.

Holiday Books.

To the Editor of BABYHOOD:

Is it in the province of BABYHOOD to enlighten a reader on the subject of the size of books? I suppose "12mo," "4to," etc., are plain to regular book buyers, but when, last year, I bought some holiday books by mail from New York and Boston, the sizes quite took my breath away. What I supposed from the character of the book would be small, had a page as big as the dictionary, and *vice versa.* How can one tell, from an advertisement, whether a book will go in a stocking or require a bureau drawer to hold it? V. ERDANT.

Springfield, Ill.

The size of pages is approximately, but not definitely, described by the terms referred to, the most common size being the 12mo. An 8vo is larger; BABYHOOD, for instance, would be called an 8vo. The 4to size is not so common; an unabridged Webster or Worcester dictionary page, for instance, is 4to. Largest of all, and rare except for atlases or costly art books, is folio. The commonest size smaller than the 12mo is 16mo (or 18mo, about the same). These terms are very antiquated, and are kept in use by the book trade only for want of something better, for books are now made in every conceivable size. Following are the dimensions of the *type* page of the common sizes adopted by a leading publishing house in this city;

Large 8vo.....	7	by $4\frac{1}{4}$	inches.
Small 8vo.....	$6\frac{3}{8}$	" $3\frac{7}{8}$	"
12mo.....	$5\frac{3}{4}$	" $3\frac{3}{8}$	"
18mo.....	5	" 3	"

These being the type pages, an inch or two must be added for the margins: for instance, a bound 12mo book is *about* $7\frac{1}{2}$ by 5 inches, etc. The size of page and number of pages being stated, one should be able to judge pretty nearly what the book looks like.

The Most "Rational" Dress; A Disregard of Printed Directions.

To the Editor of BABYHOOD:

(1) I should very much like to know if there is any "rational" dress for a baby of six months, and if so, where I could see it or procure patterns of it? I do not at all care for the ribbed cotton stays generally sold, and have heard that flannel ones are used. What would be their shape?

(2) I have been giving Baby Mellin's Food since a fortnight ago. I only put a dessertspoonful of the food with half a pint of milk and water. Is that sufficient for a child of that age? I have been told that if given the full quantity prescribed on the label the baby would be more liable to fits.

Willesden Park, N. W., London. A. M. H.

(1) If you will look over the back numbers of the magazine, you will find that BABYHOOD considers the Gertrude suit, made short, the most "rational" dress for a child of six months. According to the season, and the climate where the baby is, the dress should be, if the weather is very cold, a knitted band, two high-necked flannel garments, cut after the form of a "princess" dress—the under one worn next the skin having long sleeves—and the customary slip of cambric. In mild weather, a close merino under vest, high in neck and long in sleeve, with one short-sleeved or rather no-sleeved flannel garment over it, and a cambric petticoat as well as slip, is a better combination. Patterns for the Gertrude flannels are published by BABYHOOD; but we know of no shops which keep the garments ready-made, although their rapidly increasing popularity will probably soon put them in the market.

We know nothing of the flannel stays you mention; but we prefer the Gertrude suit to any kind of "stays."

(2) In giving any manufactured food it should be given as nearly as possible as directed by the manufacturer. If so given, the article can be judged fairly by its success. We do not believe that it or any other kind of food, for that matter, that is suitable for a baby at all has a tendency to produce fits. If a child has a tendency to convulsions, indigestible food may excite them. But whatever may be thought of this food as a whole we have never heard of its exciting fits.

Ice and Sterilized Milk.

To the Editor of BABYHOOD:

Should sterilized milk be kept on ice? A reply will be appreciated by SUBSCRIBER.

Philadelphia.

If milk is properly sterilized and properly closed in the vessel in which it is sterilized, it will need ice no more than will good canned goods. If it is badly sterilized, *i. e.*, not really sterilized at all, or is left unprotected so that it may become attacked by germs, ice will delay the development of these germs just as it does in unsterilized milk.

NURSERY LITERATURE.

Books for Children.

A Natural History for Children.—This book contains brief descriptions of all the well-known members of the animal kingdom from the gorilla down to the amœba. It has been rendered more interesting to the youthful reader by the introduction of a large number of curious but unauthenticated anecdotes. There is an abundance of illustrations, but they are not of the best quality. 9½ by 8, 95 pages. Boards. Fred. Warne & Co., London and New York. 50 cents.

We All.—By Octave Thanet. An account of what a city boy of fifteen saw and did during a two weeks' stay with his cousins, a boy and a girl somewhat younger than himself, on an Arkansas plantation. The author's obvious perfect familiarity with the types of people and the scenes she describes adds greatly to the interest of the book. Illustrated. 8 by 6, 280 pages. Cloth. D. Appleton & Co., New York. $1.50.

Marjorie and her Papa.—How they wrote a story and made pictures for it. By Robert H. Fletcher. "Jack," as Marjorie calls her papa, tells most delightfully of the sayings and doings of his winning little daughter and himself. The verses scattered through the book are neither better nor worse than most of their class. Illustrated with outline drawings. 10½ by 8, 66 pages. Boards. The Century Co., New York. $1.

Dolly's Story Book.—Dolly tells of the acquaintances she makes on her trip through the Old World, occasionally saying something also of the countries themselves. The chief attraction of the book is its ten colored plates, each showing several dolls dressed in their national costumes. 10 by 8, 44 pages. Boards. Fred. Warne & Co., London and New York. $1.

Dealings with the Fairies.—By Geo. MacDonald. This volume is made up of five fairy stories, of which the first, that of the princess who has no weight, appears to us the best, possessing a distinct flavor of originality. 7½ by 5, 284 pages. Cloth. Geo. Routledge & Sons, New York. $1.25.

Animals at Home and Abroad.—This, with its fourteen handsomely colored pictures of animals, tame and wild, is a distinct improvement on almost all the other books of its kind that have come under our observation. 10½ by 12½, 14 pages. Paper. Fred Warne & Co., London and New York. 50 cents.

The One Hoss Shay, with its Companion Poems, "How the Old Horse Won the Bet," and "The Broomstick Train."—By Oliver Wendell Holmes. The amount of pleasure with which Dr. Holmes's poems are read appears not to be affected either by the age of the writer or the age of the reader; old and young will read with equal enjoyment the "The One Hoss Shay" of over a third of a century ago, and last year's "Broomstick Train." This little book has been made very attractive, paper, print and Mr. Pyle's drawings being of the best. 8 by 5, 80 pages. Leather. Houghton, Mifflin & Co., Boston and New York. $1.50.

Lady Jane.—By Mrs. C. V. Jamison. This is the record, already familiar to the readers of *St. Nicholas*, of the experience of Lady Jane, a wholly lovable child, from the time of her mother's death, when she falls into the hands of an unscrupulous stranger, to her restoration to her friends. Illustrated. 8⅓ by 7, 233 pages. Cloth. The Century Co., New York. $1.50.

Little Smoke.—By William O. Stoddard. "Little Smoke" is a vigorous, intensely patriotic, young Sioux, living in that troublous period which ended with the war of 1876, and it is around him and a young American who is captured by the band to which he belongs, that most of the interest of this stirring and very graphic story of life in the Indian country centers. Illustrated. 8 by 6, 295 pages. Cloth. D. Appleton & Co., New York. $1.50.

Jock O' Dreams.—By Julie M. Lippmann. This little volume contains eight pleasantly written stories, told almost entirely in the form of dreams. Each one points a moral, which, however, is neither made so prominent as to detract from the interest nor yet so obscure as to escape the notice of the youthful reader. Illustrated. 7½ by 6, 211 pages. Cloth. Roberts Brothers, Boston. $1.25.

Little Wide Awake.—*Wide Awake* is too well known to need any words of commendation, so it will suffice to say that parents and children alike will gladly welcome the appearance of its last volume in book form. 10 by 8, 376 pages. Geo. Routledge & Sons, New York. Boards, $1.50; cloth, $2.00.

Tom Tucker and Little Bo-Peep.—By Thomas Hood. Under the guise of an account of the life of Bo-Peep and her love for Tom Tucker, we have here presented to us many of the time-honored Mother Goose legends, woven into a connected versified whole. There are full-page chromo lithographs, and also a number of smaller illustrations, which, like the text, are printed in brown, producing a very pleasing effect. 10 by 8, 41 pages. Boards. Cassell Publishing Co., New York. $2.

The Little Ladies.—By Helen Milman. This is the story of the purely unselfish, mutual devotion of the orphaned twin daughters of an English nobleman, and their growth from childhood to womanhood under the guardianship of their

aunt, around whom in the early part of the book a slight web of romance is spun. Illustrated. 8½ by 7½, 192 pages. Cloth. J. B. Lippincott Co., Philadelphia. $1.50.

Heroes of History in Words of One Syllable.—By Agnes Sadlier. This book contains short accounts of the lives of about seventy-five famous warriors, from Joshua to Gen. Gordon. The objections to the plan of acquainting youthful readers with so motley an assemblage are obvious, and the manner in which it has been carried out is not above criticism ; but. nevertheless, the book may aid children in laying the foundation of future knowledge. Profusely illustrated. 8½ by 7, 234 pages. Boards. Geo. Routledge & Sons, New York. $1.

Midshipman Paulding: A true story of the war of 1812.—By Molly E. Seawell. We have here the very briefly told story of Hiram Paulding's experiences, from the time when, at the age of fifteen, he joined Commodore MacDonough on Lake Champlain as midshipman, until after the battle of Lake Champlain, with a spirited description of which the book closes. Illustrated. 8 by 6, 133 pages. Cloth. D. Appleton & Co., New York. $1.

Betty, a Butterfly.—By A. G. Plympton. A simple, charmingly written story of an impulsive and thoughtless, but warm-hearted and lovable little maiden, who is led to do that for which she must and does afterward amply and bitterly atone. Illustrated. 7½ by 6, 198 pages. Cloth. Roberts Bros., Boston. $1.

A B C.—This is an A B C book distinguished by the novelty of its appearance, it being in the shape of a recumbent B. In the first seven pages the capitals and marks of punctuation, all fitted out with heads and limbs, are introduced by a question mark similarly equipped to two little children. The five remaining pages are taken up by alphabetically arranged pictures. The whole is beautifully chromo-lithographed. 10 by 12. Paper. Fred. Warne & Co., London and New York. 40 cents ; untearable, 65 cents.

Baby World.—Stories, Rhymes and Pictures for Little Folk. Compiled from *St. Nicholas*, by Mary Mapes Dodge. All we need say about this new edition of what may almost be styled a juvenile classic, is that its advent in the nursery is sure to be hailed with delight by the little ones. 10 by 8, 199 pages. Boards. The Century Co., New York. $1.

Straight On.—By the author of "Colette." "Straight On" were the dying words addressed by Captain Bailleul to his orphaned son, and this book tells us how he kept "straight on" in spite of all the trials he was forced to undergo, both at school and at his new home with his cousins. Both illustrator and translator have done their work well, and this story will undoubtedly attain a well-deserved popularity. 8½ by 6, 319 pages. Cloth. D. Appleton & Co., New York. $1.50.

L. Prang & Co., Boston, have sent out their annual assortment of dainty little Christmas cards and booklets.

Books for Mothers.

The New Womanhood.—By Rev. J. C. Fernald. With Introduction by Marion Harland. The book consists of forty-three brief chapters on topics partly of a practical and partly of a speculative nature. Such titles as "Sex of Soul," "Barracks *vs.* Homes," Women who Do Marry," "Salvation by Cookery," "Housekeeping and Divorce," "Industrial Education," "The Light of Home," "Reading," "Unequal Wages," etc., fairly indicate the range of the author's thoughts. 7½ by 5, 369 pages. D. Lothrop Co., Boston. $1.25.

A Handbook of Obstetrical Nursing for Nurses, Students and Mothers.—By Anna M. Fullerton, M.D., Demonstrator of Obstetrics in the Women's Medical College of Pennsylvania, etc. This little volume comprises the course of instruction given to the pupils of the training school for nurses connected with the Women's Hospital of Philadelphia. It is clearly and carefully written and will be found very useful by those to whom it chiefly addresses itself. As in many recent volumes on subjects of interest to mothers, occasional allusion is made to nursery contrivances that were first described in the pages of *Babyhood.* Illustrated. 7½ by 5, 222 pages. P. Blakiston, Son & Co., Philadelphia. $1.25.

Lectures on Physiology, Hygiene, etc., for Hospital and Home Nursing.—By Charles Egerton FitzGerald, M.D., President of the Folkestone Natural History Society. This useful little book deals in a lucid manner with such physiological subjects as the circulation of the blood, the lungs, the skin, digestion, etc., as well as with practical subjects like the nurse and her qualifications, the sick room and its preparation, its cleaning, furnishing, etc. The chapter on the nursing of sick children will commend itself most to mothers. Illustrated. 6½ by 5, 157 pages. Macmillan & Co., New York. 75 cents.

Cradle and Nursery.—By Christine Terhune Herrick. The author "does not claim infallibility for her work, but she does aver that her statements and counsels have been derived and verified from her own experience and observation, abetted by the advice of those of wider proficiency than herself." Her chapters cover a wide range of subjects dear to the mother's heart, from "Baby's First Week" to "Religious Life in the Nursery." 4½ by 6½, 295 pages. Harper & Brothers, New York. $1.

The Care of the Sick at Home and in the Hospital.—A hand-book for families and for nurses, by Dr. Th. Billroth, Professor of Surgery in Vienna, etc. Translated by special authority of the author by J. Bentall Endean. Prof. Billroth, the eminent Vienna surgeon, makes an attempt to write a book on nursing which shall not, like so many volumes on the subject, contain either too little or too much. He condenses a great deal of wise and practical information into his pages, and is rarely too technical for the ordinary reader. Still, the book presupposes a certain amount of physiological knowledge, and is in part better adapted to German than to American homes and conditions. Illustrated. 7½ by 5, 337 pages. Charles Scribner's Sons, New York. $2.

Babyhood.

Devoted exclusively to the care of infants and young children, and the general interests of the nursery.

VOL. VIII. JANUARY, 1892. No. 86.

LA GRIPPE.

BY CYRUS EDSON, M.D.,

Chief Inspector Health Department, New York City.

WHAT is La Grippe? A physician would doubtless answer this question by stating, "It is a specific epidemic, a self-limited, febrile affection." By this answer he would intend to convey to his querist that it was a disease characterized by certain peculiar symptoms due to some cause affecting large numbers of people within comparatively short periods of time, and that it ran a definite course.

La grippe has a great many other names given to it by the different nations among which it has prevailed. "The rose by any other name would smell as sweet." So, though la grippe be called contagious influenza, rheuma epidemicum, Blitz-catarrh, tac, or ladendo, it is the same grippe, and "gets there" just as effectively.

Its Ancient History.

We have good reason to believe that mankind has suffered from la grippe in all ages. We are informed that an outbreak occurred in the Athenian army at the time of the Peloponnesian War, more than 400 years B. C., and a number of writers from this period down to the sixteenth century have written more or less accurate accounts of its ravages. We cannot, however, place any great reliance on these old-time writings, for medical science in those days was very crude and little understood. In 1510 a disease ravaged Great Britain, an account of which, written in a work entitled "The Annals of Influenza" by an observer living during the outbreak, is interesting. It is as follows: "A grievous pain was in the head, There was heaviness, difficult breathing, loss of strength, restlessness, hoarseness, etc. The first day it was without spitting, but about the seventh or eighth much viscid phlegm was spat up. Others (though fewer) spat up only water and froth. When they began to spit, cough and shortness of breath became easier. None died except some children. In some it went off with a looseness; in others by sweating. Bleeding and purging did hurt." This is not a bad description of la grippe.

The old chronographer's observation that "bleeding and purging did hurt," reflects highly on his intelligence. The description by one Thomas Short of a much more serious visitation of the disease which originated in Asia in 1557, spread over Europe, and thence across the Atlantic to America, is worthy of note. The outbreak of this epidemic in England followed an unusually wet season, resulting in ruined crops. Short says: "Presently after were many catarrhs quickly followed by a more severe cough, pain of the side, difficulty of breathing, and a fever. The pain was neither violent nor pricking, but mild. The third day they expectorated freely. The sixth, seventh, or at the furthest the eighth day, all who had that pain of the side died; but such as were blooded on the first or second day recovered on the fourth or fifth, but bleeding on the last two days did no service. Some few had continued fevers along with it; many had double tertians;

others simple intermittents. All were worse by night than by day. Such as recovered were long valetudinary, had a weak stomach and hypped."

This epidemic was, without doubt, a malignant form of la grippe. In the dreadfully unsanitary conditions of the age and in the impoverished state of the masses, we find the causes of its malignancy. It is recorded of this epidemic that the population of entire cities fell ill in a single day, and that in a small town near Madrid, Spain, two thousand persons, all of whom were bled, died. From Italy and Spain to Holland it rolled like a cloud, following the highways of travel. In the latter country, in one city (Delft), it carried off five thousand of the poor. It lasted only one year. I have not time or space to describe all the epidemics of la grippe that have affected the civilized world from the frightful one just given until the present time. Suffice it to say that more or less severe epidemics have occurred at intervals from one to ten years. A study of a chronological table of the disease tends to lead one to believe that when it occurs during two successive years, it may be expected during the third, and possibly during the fourth year.

The first recorded epidemic in the British Colonies in America was that of 1647. Mr. Webster's work, entitled, "A Brief History of Epidemic and Pestilential Diseases," contains an account of it.

In Modern Times.

So much for la grippe in the past. Let us now turn our attention to la grippe of the present. About November 1, 1889, an epidemic originated in Russia, and within a period of three weeks after its appearance in St. Petersburg, about one-half the population of that city were attacked by it. The weather at the time of the outbreak was unusually warm and humid. These atmospheric conditions, combined with unsanitary surroundings, probably had much to do with the origin of the epidemic. By December 15th the disease had spread over the whole of northern Europe, extending along the highways of travel until it reached this country about December 20th. Before the end of the second week in January, fully two hundred thousand persons in New York alone were afflicted with the disease. The amount of work done by physicians during this period was enormous.

The epidemic remained active and prevailed until about the middle of May, 1890, when it subsided. It was quiescent or dormant during the summer months and early fall, only to break out again with renewed vigor during the winter of 1890 and 1891. In February and March of the latter year its effects were severely felt. During these months it assumed an aggravated form, not, however, approaching in severity some of the old-time epidemics. In May it again apparently died out, and during the summer seemed to have taken its permanent departure. At the present writing numerous well defined cases are daily occurring. So far these cases seem to be mild ones, but we can form no opinion of what the later winter will bring forth.

Causes.

Much speculation has arisen as to the causes of la grippe. We class the causes as predisposing and exciting. These are what their names indicate. The principal predisposing causes of the disease are, as has already been stated, unsanitary, filthy conditions, coupled with peculiar atmospheric states. The exciting cause is, without doubt, a germ or bacillus. This germ infects the human system and gives rise to the symptoms that characterize the disease. In effecting this, however, it either evolves something that is deadly to its own growth, or it is killed by some protecting influence brought to bear upon it by the human organism. Indeed, it is by one or the other of these means that nature in behalf of mankind copes with all disease germs. Her field everywhere is one of constant warfare.

Many curious theories have been advanced to account for the exciting cause of la grippe. The one advanced by a Chicago physician last spring that the disease is excited by a microbe contained in star dust is not entirely original. In 1658 a Dr. Willis says, "About the end of April, 1658, suddenly a distemper

arose as if sent by some blast of the stars," etc. The same Chicago physician claims to have discovered in that city a peculiar striped microbe. This "bug" has not been observed outside of Chicago, and is certainly a unique and wonderful germ!

Its Infectious Character.

Whether or not la grippe is contagious is a bone of contention between medical men of the highest standing. Many arguments pro and con have been advanced by both sides in defense of their theory. It is best, however, in medicine to err on the safe side. So if we treat it as a contagious disease we will make no serious mistake. Its propagation is probably due to infection, that is to say, the germs by which it is caused have the power of living and multiplying in the air, water or soil outside of the human body. The body is then infected by them through the medium of the infected matter.

The period of incubation, that is to say, the time that elapses between the reception of the germs in the system and the development of the disease, is from eighteen to twenty-four hours. This period terminates with the period of invasion or onset of the disease itself.

Symptoms.

This onset in the case of la grippe is very sudden and prostrating. There are shivering or chilly sensations down the back, dizziness often, severe headache over the eyes and commonly pains in the joints or muscles. The temperature rises very quickly to as high as 105 degrees Fahr. This fever marks the severity of the attack, and ranges from 101 to 105 degrees, sometimes in rare instances reaching as high as 106½ degrees. The pulse is rapid, but not so rapid as in most other diseases accompanied by the same amount of fever.

There are two distinct varieties of the disease. One is marked by simple, continued fever, the other by severe catarrhal symptoms. The fever variety, sometimes called the nervous, was most common during the winter of 1889 and 1890. It is characterized by the symptoms already described, and by severe pains in the bones of the lower extremities, back and hips. These symptoms are peculiar to a disease that prevails in the South, called dengue, and by many persons la grippe and this disease are believed to be identical. The prostration consequent on la grippe is not dangerous except to debilitated and sickly individuals. It, however, causes a very aggravated form of the "blues," and a number of suicides of persons suffering from it have been reported. Rheumatic pains occur in the joints, especially of the lower extremities. The tongue is covered with a thick whitish coat, the breath is foul, and the bowels are torpid. I have known eighteen well authenticated cases of a very curious symptom, viz., that of skin eruption. Five of these were reported to the Board of Health of New York as cases of scarlet fever, so closely did the rash resemble that of the latter disease. There was present sore throat and the peculiar strawberry tongue so characteristic of scarlet fever, and which tended to make the error in diagnosis an excusable one. In a day or so this rash entirely disappeared. The French Academy of Medicine had a long discussion on the subject of this eruption, and, I believe, decided that it was due to the use of antipyrine, which has been so commonly employed in the treatment of la grippe. In five of the cases to which I have referred, however, no medicine of any kind had been given.

The catarrhal variety of la grippe is characterized by the same initial symptoms as the fever variety; but in addition to these there are sneezing and coughing, due to an affection of the mucous membrane of the breathing passages. Sometimes this results in bronchitis of the small bronchial tubes, or even in pneumonia. Some cases suffer from an acute catarrh affecting the stomach, and have in consequence vomiting more or less persistent. The sense of taste as well as that of smell is frequently lost temporarily. The fever variety almost always terminates in recovery in two or three days. The catarrhal variety lasts longer, continuing from three to nine days. Patients convalesce very slowly from both varieties, but especially so from the catarrhal. The slightest exertion

during convalescence causes profuse perspiration, and in consequence of this relapses are common. The air passages are often left in a chronic state of inflammation after an attack of the catarrhal form. Men appear to be more susceptible to the disease than women, and those whose occupations keep them within doors are less frequently affected than those employed without. Thus far la grippe has spared children to an extent, and they seem less susceptible to attack than adults. When it does attack them, however, the onset is often marked by vomiting, followed by fever and great restlessness. The eyes are congested and watery and the face is red. If the outbreak be of the fever variety, the first symptoms resemble those of scarlatina, without the accompanying rash. The catarrhal variety in children, on the other hand, is not unlike an attack of measles, minus the eruption. In both forms the pharynx is congested, and the tongue coated, except on its edges and tip. The joints are frequently the seat of pain and tenderness. Severe cases may be accompanied by diarrhœa. The bronchitis of the catarrhal variety is apt to go hard with the little sufferer, and the younger the child is the more dangerous is this symptom. The rash, already described as resembling that of scarlet fever, seems more apt to occur in the case of children than in that of adults.

Aids to Prevention, and Treatment.

During the prevalence of la grippe the following directions should be followed, as they will reduce the danger of contracting it to a minimum. Persons convalescing from other ailments, old persons and children should especially observe them closely:

Warm woolen clothing should be worn next to the skin. A plain nourishing diet should be taken.

Meals should be eaten with regularity. Late hours and crowded places should be avoided. Keep in-doors as much as possible. When in the open air keep in motion; avoid wetting the feet. On entering a house remove wraps at once. Keep away from persons afflicted with the disease.

In a word, avoid exposure and excess; adopt regular habits and live well. On the first symptom of the disease send for a physician.

The few words I am going to say in the matter of treatment must be taken with a large grain of caution. Do not attempt to put these directions into practice, either in your own case or in that of others, when you are within reach of a competent medical man. It has been aptly said that even the doctor who treats himself has a fool for a patient. What then is the person who, not having a medical education, attempts to do so? The limited knowledge gained from reading medical tracts is a poor substitute for a physician's skill. To attempt to treat one's dependents, thus poorly equipped, is to treat them badly.

I have already said that la grippe runs a short course if the system be sufficiently strong to withstand its effects, and this is especially true if nature be not too seriously embarrassed by misdirected efforts at cure. The following three indications are to be fulfilled:

First, means must be taken to assist the system to rid itself of the poison to which the attack is due; second, pain is to be relieved, and third, depression is to be counteracted.

The first thing to be done is to relax the bowels, and for this purpose a single dose of a dessertspoon or tablespoonful of castor oil is excellent. Some sensitive persons may object strenuously to this remedy, and in such a case one or two compound rhubarb pills will effect a desirable result. The muscular pains are best relieved by three or four powders of phenacetine, combined with salol. Each powder should contain two and a half grains of each drug. Both phenacetine and salol, like antipyrine, belong to the class of remedies derived from coal tar. All these remedies should be used with great caution, for they are powerful depressants and serve to augment the depressing effects of the disease. They relieve the pains of la grippe more rapidly and effectually than any other remedies, but they are open to this very serious objection. The depression incident to the disease is best relieved and the emunctories of the skin and kidneys stimulated by Hoffman's anodyne, which seems almost to have been especially devised for the treatment

of la grippe. Its effects are anodyne, diaphoretic, diuretic and stimulant. It may be given in a half to teaspoonful doses every three or four hours while the patient is in bed. The French physicians recommend a hot grog of cocoa wine for the purpose of causing a mild sweating and to effect stimulation. This grog should be composed of one-third wine and two-thirds water, and should be taken very hot and slightly sweetened. During the entire course of the disease, and throughout the period of convalescence, stimulants and tonics should be freely administered. Champagne, generous wines, cocoa preparations and tonic doses of quinine, iron and strychnine are indicated.

A tablespoonful of a strong milk punch may be given half hourly during the acute stage, and a tumblerful three or four times daily during the stage of recovery. During this latter period the elixir of iron, quinine and strychnine is as good a tonic as can be used. Cod liver oil is an excellent remedy at this time, or even earlier in the course of the disease, if the stomach can bear it. This remedy, however, is contraindicated when it upsets the stomach. Stimulants and tonics are also indicated in the catarrhal form of the disease, but in this variety we must allay the irritation of the air passages. The ordinary croup kettle furnishes us with an excellent means of accomplishing this. The receiver of this little instrument should be filled with the compound tincture of benzoin and the steam charged with this preparation inhaled. Chloroform liniment or camphorated oil may be used for the purpose of rubbing the chest, as the mild counter-irritation effected by that seems to be beneficial. A carbonate of ammonia cough mixture is excellent. It is best administered after the first twenty-four hours of the attack have elapsed. Cough mixtures combining antimony, ipecac or other depressing remedies are to be strongly condemned in the treatment of this disease. Pneumonic grippe is a more dangerous disease than uncomplicated pneumonia and responds less readily to treatment. During its course, very great care must be taken to preserve the strength of the patient. Careful stimulation is indicated, and depressing remedies should be avoided as far as possible. Too much stress cannot be laid on this fact in the treatment of la grippe.

It is also desirable to control the excessive sweating that so frequently occurs during the period of convalescence from this disease. An alcohol-and-salt rub by a competent massage operator will be found very beneficial to this end. Two or three such rubs usually suffice to check this depressing and dangerous symptom. The so-called expectant treatment of la grippe is far better than any treatment that would tend to depress the vital forces of the patient. This recalls to mind a story of a physician who had been treating a patient, and when asked what line of treatment he had adopted in the case, said: "I have practiced the expectant line of treatment." "Your patient is dead?" quickly responded the querist. "Well," quietly rejoined the physician, "I expected it."

CRYING, AND ITS SIGNIFICANCE.

BY JOHN DORNING, M. D.,

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WHEN Baby is cheerful and smiling he is one of the sunbeams that brighten the home and gladden the hearts of his fond parents. But when, because of one or more of the thousand unnatural shocks to which his delicate anatomy is heir, he gives audible expression to his feelings in language becoming his age, domestic felicity taketh to itself wings and vanisheth. Now, what can be more annoying in an otherwise happy home circle than the incessant crying of an infant? "What makes Baby cry?" is a very common query. It is sometimes a very simple question to answer and again it may prove to be one of the more difficult problems with which the physician is confronted, and one that may require both time and careful observation to solve. If there is a reason for everything under the sun, Baby's crying cannot be considered the proverbial exception. We will endeavor, therefore, to present to the intelligent readers of BABYHOOD a few brief observations on the significance of crying in early life.

When an infant experiences unpleasant or painful sensations, his natural mode of expressing his feelings, to which are added various muscular movements, is crying. The cry is one of nature's early signals that something is amiss in the economy. The gravity of the trouble, however, cannot always be estimated by the extent or character of the crying. A child may cry a great deal, and bitterly, for some very trivial disturbance, mental or physical, while on the other hand a feeble moan or the absence of the cry may be indicative of a very serious malady. At any rate, the cry is not without meaning, and sometimes a great deal depends upon its correct interpretation. Tears are not secreted until about the third month. After that period their absence in crying is said to be a grave symptom.

The first act an infant performs on entering the world is to fill his lungs with air, and the next is to cry. While crying is ordinarily an unwelcome sound, it is, on this occasion, hailed with not a little satisfaction by those in attendance. It is unmistakable proof that the new-comer is alive and breathing. When a new-born babe utters a feeble cry or moan it shows that the lungs are not properly expanding, either from deficient vitality or some one of the accidents likely to occur at birth. In such an event the attendant has recourse to measures to restore the cry and increase the general vigor. It is said the reason for a new-born infant's crying is the shock received by the sensitive nerves of the skin by the sudden transition from a temperature of about 99 degrees to one much lower, a sensation similar to what an adult experiences in taking a cold plunge bath.

Crying may be said to be due to one of three causes. First, actual pain, as in colic, inflammation of some part, or from injury, etc. Second, some unpleasant or distressing sensation, not of a painful nature, as hunger, thirst, fright, uncomfortable arrangement of clothing, etc. Third, temper.

Crying from Actual Pain.

The cry of pain will vary in character according to its nature and location. In older

children and adults development and education have established, to a certain degree, a tolerance of pain. The infant, however, promptly apprises those around him of his aches.

Undoubtedly the most frequent cause of crying is intestinal colic or belly-ache. It is due to the distension of the bowels with gas that has formed from the fermentation of undigested food or to the spasmodic contraction of some portion of the intestinal tube. The cry is violent and paroxysmal in its nature, and is accompanied by agitation of the body, with drawing up of the lower limbs. The abdomen is distended and may be hard, and resists the pressure of the hand, but gentle rubbing with the warm palm is often tolerated and seems agreeable to the little one.

Closely allied to intestinal colic in the character of the crying and muscular movements is renal colic. This pain is caused by the passage of urinary concretions, popularly known as gravel, along the narrow duct that conveys the urine from the kidney to the bladder. The crying of infants during the first few days of life is not infrequently due to this form of colic, instead of "wind colic," as is generally supposed.

The pain will usually cease suddenly with the expulsion of the offending material, and an examination of the napkins will reveal little red streaks of a sandy deposit. It is sometimes difficult to distinguish between these two forms of colic unless the urinary secretion is carefully examined for the gritty deposit. Carminatives, as anise, peppermint or fennel tea, afford no relief in renal colic. To prevent the attack, the infant should be given plenty of water to drink. A copious flow of water through the kidneys dissolves the crystals before they can pass into the duct and give rise to pain.

Ear-ache is a not infrequent cause of crying. An infant suffering with an acute inflammation of the ear will scream violently and continuously and cannot be appeased. If offered the breast, he will, as in crying from any severe pain, take hold of the nipple for only a moment and then resume his crying. He will often press the side of his head against his mother's breast for the slight relief afforded by its warmth. He may now and then carry his hand to his head and perhaps to the affected ear. The crying from this cause may continue for two or three days without intermission unless quieted by local applications or the internal administration of opiates. When the ear begins to discharge there is immediate relief. It is so common for severe and unappeasable screaming to be caused by ear-ache that in such an event the ear should always be thought of as, probably, the offending organ.

In the early stage of bronchitis, pneumonia and pleurisy, coughing is attended with crying. In bronchitis the cry is indicative of a varying degree of soreness behind the breast bone. The crying follows the coughing spell.

In the acute stage of pleurisy there is a sudden sharp cry with each attempt at coughing and a rather abbreviated moan—a sort of a chopped off cry—with each act of inspiration. Pressure on the ribs of the affected side will cause an outcry. When there is much pneumonia and pleurisy the patient merely utters a short sound—a whispered moan—with each respiration, for there is such a pressing demand for air that he cannot spare any for the purpose of crying, and will consequently bear considerable discomfort without loud complaint.

Crying when anything is put into the mouth usually indicates an inflammation of some part of that cavity, or diseased teeth, if the child be old enough to have any.

Crying attending the act of swallowing generally points to an inflamed condition of the throat. In mild cases of inflammation of the larynx (the upper part of the windpipe) the cry is hoarse. In either false croup or membranous (diphtheritic) croup the cry is as a rule suppressed and the breathing is of a crowing nature. In either case the patient finds only time to breathe.

Pain in the head will often elicit a sudden, sharp, piercing scream of but a moment's duration. It is called the hydrencephalic cry and has to be heard but once to be remembered. It is so frequently heard in tubercular and cerebro-spinal meningitis that it is re-

garded as one of the symptoms of meningeal inflammation. It usually occurs during sleep, the child awakening suddenly in a fright. It is not, however, confined exclusively to these maladies.

Crying when any particular part of the body, as an arm, hand, leg or foot, is moved, is suggestive of pain in the region disturbed, either from injury or inflammation.

In aggravated cases of rickets there is a tenderness of the bones, particularly the ribs, so that pressure on the sides of the chest, as in lifting the child, will cause him to cry. Any attempt at amusing him by dandling or anything that will necessitate muscular action will elicit an outcry.

Crying, associated with the act of micturition, is generally due to some trouble in the genito-urinary region. If the child cry before urinating and the act is attended with straining efforts, there is likely to be some obstruction to the flow of urine, as an abnormal narrowing of the outlet or the presence of a calculus at the neck of the bladder. When crying follows emptying the bladder, and this is repeated at short intervals, there is probably some irritation or inflammation of that organ. A child that is suffering with an inflammation of the skin in the neighborhood of the genitals may cry each time urine is voided from the smarting caused by the contact of the urine.

Babies of a constipated habit often cry, and sometimes very bitterly, during an evacuation of the bowels, because of the inordinate distension of the anal aperture. In some cases, even after the constipation has been corrected, each movement of the bowels is attended with severe crying. When such is the case there is likely to be a painful fissure of the anus, or an inflamed patch of mucous membrane within the rectum caused by the previous constipation. Such a condition will require the attention of the family physician.

There are many other painful affections that have crying as one of their symptoms, which, if discussed here, would only lead to confusion in the reader's mind; for instance, rheumatism, deep seated abscess, bone disease, nervous affections, etc.

Crying from Mere Discomfort.

We now come to the second reason for a child's crying, namely, unpleasant or distressing sensations not of a painful nature. An observing mother can usually distinguish between a painful cry and one not due to pain. Generally the latter is more of a fretful and distressing nature, but often assumes the decided character observed in actual suffering. Babies nearly always cry when very hungry, and mothers more often attribute crying of any kind to this cause than to anything else. Consequently Baby is nursed or fed, as the case may be, and perhaps under the soothing influence of sucking, for it is often a temporary diversion, he is for a time pacified.

Frequent repetitions of this alternate crying and feeding may finally culminate in a crisis of some kind. The impatient and unreasonable mother may add fuel to the fire by resorting to chastisement; or the ill advised mother who possesses an unshaken faith in the virtues of soothing syrups will have recourse to the opiate bottle; or the philosophical parent who does not care to take any chances on uncertainties will call in medical aid to pour oil on the troubled waters. It may be laid down as a maxim that when a crying baby does not become tranquil after having been fed, provided there is sufficient nutriment for him, it is adequate proof that something besides hunger is the cause of his disquietude.

Thirst is a not uncommon cause of crying. In hot weather quite a little water is removed from the body by perspiration. Again, frequent loose evacuations from the bowels drain considerable water from the system. In either case the child is liable to suffer acutely, as any one who has been parched with thirst under like circumstances can readily conceive, until the deficiency is supplied. And, moreover, filling the stomach with milk does not fully satisfy the intense craving for water. But quite recently a little one that had been wailing for some eight hours, notwithstanding various attempts at pacifying her, was brought to us for advice. A careful examination revealed nothing but a dryness of the

lips and mouth to account for the distressful crying. We gave her about a tablespoonful of water, which she drank with avidity, and the look on her face plainly said, "More." After drinking five ounces more of the cool water she laid her head on her mother's bosom, and, with a grateful grunt, fell asleep. It had never occurred to the mother, and the same may be said of a great many mothers, that babies ever needed water to drink. Now Baby gets her daily draught.

When an infant is very thirsty the mouth is likely to be somewhat dry, and he may be observed sucking on his lips. The dryness of the mouth and thirst may be but symptoms of some ailment from which the little one is suffering, and may or may not be the cause of his fretting. At any rate a little fresh, cool water put into his mouth will more than likely afford some relief and perhaps put an end to his lamentation.

Fright is sometimes to be thought of in accounting for a crying spell. A child old enough to establish for himself an exclusive "four hundred" is often very much agitated by strangers who attempt familiarities or even enter his presence. Strange sights and surroundings may start a squall. In this connection we are reminded of a little eighteen-months-old baby who was tucked away in bed, as usual, one evening, and who, on awakening at midnight for refreshments, began a most terrific screaming. Her mother found her sitting up in her crib, her face a picture of terror and her eyes fixed on some object on the opposite wall. Investigating the matter, the mother discovered the cause of the child's agitation to be a long white gown that had been hung on the gas bracket shortly after the child had fallen asleep. The little one, on awakening, was confronted with this spectre-like object in the gloom of the night light, instead of the usual objects to which she had been accustomed. It is not uncommon for a child to be the victim of some horrible dream and wake up screaming with the night terrors. A child whose eyelids are heavy with sleep may cry mournfully because of some hindrance to his obtaining nature's sweet repose. It may be an uneasy pallet, an uncomfortable arrangement of the night dress, too warm or too cold an apartment, too bright a light or the reverse, unpleasant and discordant sounds, disagreeable or strange company, obnoxious odors, or some apparently insignificant annoyance to his delicate organization.

It is often the case that when Baby is not feeling well he will fret and whine; although he may not be suffering any pain, yet there may be that feeling of malaise or distressing uneasiness which even adults experience from both slight and severe maladies.

Crying from Temper.

The last reason for a child's crying is temper. A brief allusion to this part of the subject will suffice. As a baby grows up to an appreciation of the pleasures and disappointments that enter into his existence the quality of his disposition becomes more and more discernible. It is not a difficult matter to recognize crying due to temper. If a child sets up a howl because he cannot get the moon and a few stars for play toys, no one would, through a misinterpretation, try to restore peace by the application of a mustard plaster over the stomach. No matter how amiable a child may be, there will be occasional outbreaks. The only children we ever knew who could be envied a disposition unsusceptible of ruffling died very early in life. Heredity and education are the two prime factors in the production of a good or bad temper. The hereditary element can be modified by education, but the education should commence some years before the child is born.

In the management of crying from temper, the child should learn, and the sooner the better, that nothing is to be gained by his exhibitions. Gentle measures should, if possible, be employed, but sometimes it may be necessary to resort to discipline. In punishing a child the parent should not lose sight of the danger of making him more obdurate instead of reforming him.

In conclusion, when the cause of a child's crying cannot at once be detected and remedied a systematic investigation should be in-

stituted. Then, if the crying appears to be due to something of a more serious nature than an attack of indigestion, the advice of some properly qualified person should be obtained. Jumping the baby up and down on the knee, or swinging him through the air or slaughtering some operatic selection for his benefit, are diversions that are not always attended with a successful issue. The common and unphilosophical practice of stifling a child's cry with narcotic cordials or soothing syrups is to be deprecated.

FAT AND THIN CHILDREN.

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FAT and thin children are often compared to the disparagement of the latter, for almost every one thinks that fatness is an indication of health, while thinness is regarded as evidence of disease or starvation. "The baby is so fat and well," is the expression of many a mother who believes that as her baby is fat, he is, consequently, the embodiment of healthy infancy.

It is nature's intention that a baby should be fat, for fat aids in growth and strength and serves a number of other purposes in the infant economy. An infant who is nursing has the fat supplied in the milk, and the plump appearance of the baby is usually indicative of its well-being. A baby has not the muscular power of a child, and the surface of the body is quickly chilled because there is very little generation of animal heat. The fat serves as a protective and minimizes the loss. From digestion heat is generated, which, with the warmth supplied by the fat under the skin, keeps the body temperature at the normal point. Besides the need of the fat to provide heat, it is required in the growth of the brain, nerve tissues, muscles and bone. Plainly stated, fat is the material most needed by all the tissues, whatever their character and function.

Babies who are fed by hand, and who are given starch, sugar, condensed milk and articles from the table appear to be just as well, and are often plumper, than breast-fed infants. Examination will usually show that while the skin is smooth and velvety it is more easily irritated than is the skin of babies who are nursed. The fat is softer, and if very redundant it may be pinched in folds which roll between the fingers. Such babies are pale and they perspire much more than those who are breast-fed. The plumpness is due to a deposit under the skin of thin fat produced from the starch and sugar upon which the baby has been fed in excess, but which the baby's digestion has not been equal to changing into blood. These babies, from the readiness with which they perspire, are easily chilled and catch cold. The tendency of fat babies to catarrhal diseases has given rise to the popular belief that the severity of an attack of bronchitis or croup is in proportion to the fatness of the infant. It is not that the fat produces the cold, but the vitiated constitution of the infant renders him susceptible to changes in temperature. In this class of fat babies there is usually a defect in the digestive powers, either from the use of food containing too much starch and sugar or from a systemic weakness which is the cause of the catarrh.

Some babies are unfortunately never well nourished, and from the day of birth are poor

and puny. Thinness, however, is not always due to starvation, but is occasioned, perhaps early in life, by a perversion of digestion produced by faulty nursing, insufficient strength of the mother, or improper food. There are also certain families where all the members are thin, and no amount of feeding seems to make them grow fat.

Infancy is a period of animal existence during which the baby has little to do except to eat and sleep. So long as the food is digestible and sufficient in quantity the baby will grow, but let there be any interference with the process of assimilation, and the baby will give unmistakable signs of altered nutrition. If an infant is fed at the breast of a mother who is suffering from a wasting disease or from any condition which deprives the milk of its fat-forming ingredients, the baby will not gain in weight, for the strength of the mother is not equal to the tax of supplying the infant. Babies who are nursed too frequently may become thin if their digestions are impaired by the irregular nursings which produce dyspepsia and weakness of the stomach and intestine, interfering with the absorption of the milk and inducing diarrhœa.

Food that is not adapted to the needs of a young baby will almost always cause a loss of fat and a real diminution of strength. Babies who are deprived of breast-milk, or of properly prepared cow's milk, are often given tea, coffee, meat, soups and other articles which are unsuitable for the system. If such a diet be continued without the addition of food to supply the demands of the body the infant will die of starvation, though fed what is termed by ignorant parents, "strong food." The growing infant needs fat, and if deprived of it will suffer actual starvation.

The thin baby will have to have especial attention paid to his source of food. It is first requisite that a physician should learn whether the mother's health is defective. After an examination he may find that the milk is poor in quality. If the milk is good, but the baby is nursed too often, dyspepsia and diarrhœa may keep it from getting fat. This, however, is less apt to be the case when the baby is hand-fed or given food from the table in conjunction with nursing—a process known as "mixed feeding." The diarrhœa and wasting of hand-fed babies require medical care and should not be allowed to go without treatment.

Infancy ends with the second year. During the growth of a child there is a continuance of the demand for fat. Childhood is a period of great activity of mind and body, and, as in infancy, fat is the food especially required. With the development of a child the digestive powers increase. Starch and sugar which, early in infantile life, were productive of deranged stomach and bowels, may now be added to the dietary, and the use of milk alone is not necessary, though it is always a valuable food.

The growth and activity of the child are sufficient causes for the body being sparer than in infancy, but excessive thinness always demands attention. Growing children who are thin may need some care besides that usually given to the food. It is well to have the family physician make an examination of the lungs and heart if there is the slightest sign of disease. Thin children who are at school, and who show symptoms of nervousness or weakness, should be taken from their studies and kept in the open air. The diet should consist largely of milk, bread, butter and farinaceous food. Some sweets may be allowed, but only at meal-time, so as not to give a distaste for the simpler articles. Tea and coffee must not be given, but cocoa and chocolate may take their place. Fat bacon, beef and mutton should be used in preference to other meats. Pickles, vinegar, fried food and anything which would be apt to cause dyspepsia must be avoided.

When children are growing it is not usual to see the same degree of fatness that is to be observed during infancy. There is not so great a deposit of adipose tissue, and a child may be sturdy and strong even when quite lean.

If a child is very fat he is disposed to be heavy and phlegmatic. He is usually incapable of prolonged physical and mental exertion, and tires more quickly than a child who is spare. In such fat children the blood is

thin and the muscles are soft. The management of a child who has an excessive deposit of fat will depend very much upon the constitutional condition of the family. If all the members are stout and healthy the child may not need more than a little supervision of diet and exercise. If he is in the habit of eating much candy and articles that contain starch, besides gravies and sauces, his diet should be restricted and he should be made to exercise out-of-doors. A fat child who is one of a family where consumption or some disease of a similar character has shown itself, will need tonics, and medical treatment will also be required.

From the above brief descriptions it will be learned that a very fat child and a very thin one may have these opposite conditions dependent upon some fault in nutrition. For this reason indications of weakness should be given the same attention in a fat as in a thin child.

BABY'S WARDROBE.

Keeping the Baby Warm.

EVERY mother of a baby wants to know the best way of keeping it warm and comfortable in

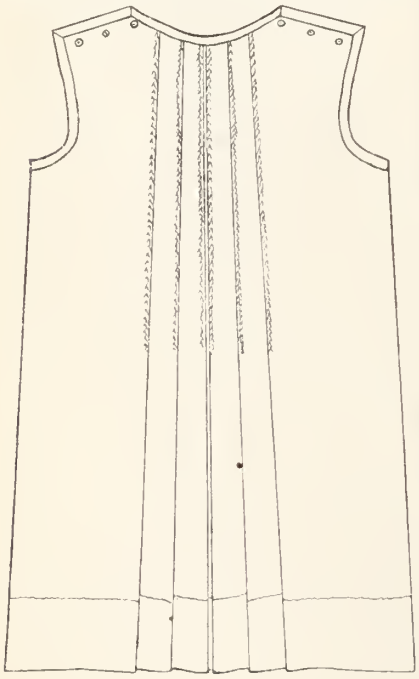


FIG. 1.

winter. My first little one was all right in long clothes, but had to don short ones in winter. I pored over patterns, descriptions of all sorts of garments, and then evolved one I had never before seen.

As our climate necessitates the use of plenty of flannel, I put a shirt of Jaeger flannel on my baby; next, a one-piece skirt of flannel made to take the place of the pinning-blanket. To make this latter, take two widths of flannel the length of an ordinary skirt, find the middle of each piece and lay three 1-inch plaits (toward the centers) on either side, making six plaits in front and the same number in the back. Feather-stitch each

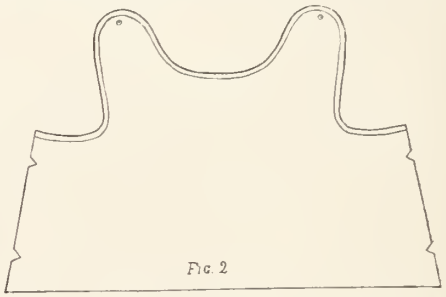


FIG. 2

plait on its outer edge to keep in place and add to its daintiness, down to the waist-line, the rest to hang loose. Sew the two pieces together, cut arm-holes, a little slope for the shoulders and to fit the neck. Fig. 1 shows this quite plainly. Bind all around with thin, soft material; close on the shoulders with loops and buttons; hem or finish the bottom in any way desired.

Over this garment another flannel skirt with cotton waist (see Fig. No. 2) is worn, and then a white dress. No cotton skirts! No band!

The shirt comes to the knees; if it "works up" the skirt described fits snugly enough to prevent cold on the abdomen and at the same time the thickness of the waist protects the chest and lungs.

Notwithstanding we had a very severe winter, with the addition of his outer garments our boy was as warm and comfortable in his carriage as at home. He has never had croup or any of the infantile diseases, and is still living in spite of the dismal prophecy of friends, who looked on his outdoor life with foreboding eye, and the little fellow is to-day as healthy and well-developed a child as can be found.

When "girlie" came she wore exactly the same clothes, did just the same things, was treated in every respect as her brother had been, and her record equals his. And why shouldn't it? Isn't a girl as good as a boy anyway?

Somerville, Mass. MRS. C. S. WADY.

Satisfactory Material for the Gertrude Suit.

I WISH to speak of two kinds of material I used in making up my "Gertrude" suits which I have not seen mentioned in BABYHOOD. They are silk and wool flannel and cashmere flannel. The first is no doubt almost universally known but not so generally used. It is about the same price as all-wool flannel, and is so pretty that it looks well under the white dresses without the white skirts, which is a great recommendation to me. It washes beautifully, shrinking imperceptibly if at all, and does not "full up" as it gets older, as some all-wool flannels do.

It is soft enough to be used next to the skin and is especially comfortable in the summer. It also wears well, my first child wearing two skirts, first as long skirts, then shortened and afterward sewed to a band to be buttoned to a waist—in all eighteen months. As each one was soiled it was washed immediately, so two were enough for him. I had more long skirts, but they were seldom used, and I cut but two.

The cashmere flannel is a soft, thin, twilled flannel with a slight mixture of cotton in it. It also washes well, in fact will stand a great deal of abuse in washing. I use it for nightdresses and wrappers, and it also makes pretty, inexpensive summer coats.

There is a thicker, heavier flannel sold at some places under the same name, but the flannel I allude to is very dainty and fine.

I wish to add a suggestion about finishing the seams of children's flannels. I turn down the edge of each piece, one on the right side and one on the wrong, and then place one edge over the other, making a flat seam not quite half an inch wide, which I stitch on both edges with the machine, and it is both pretty and soft and quickly done. C. B. N.

Elizabeth, N. J.

"Tricks of the Trade."

MY neighbor, who is raising a large, thrifty family, is developing several "tricks of the trade" which may help others. Her children, even to the nine-year-old, wear in winter long flannel nightgowns closed about six inches below the feet with a draw-string. These are more easily made than drawers, are not outgrown so soon, and the legs keep each other warm and are not at liberty to kick off the bedclothes. In the morning the nightgown is turned up and the strings are tied around the waist, and the stockings are drawn on till it is time to dress the children.

The baby has thumbless mittens of flannel drawn on and pinned to the sleeves of her nightgown. Then she is wrapped in a wadded square, one yard, which is pinned at the throat, waist and feet, and the little "log" is quite warm and comfortable. H. L. H.

St. Paul, Minn.

The Gertrude Suit in the South.

I USE for the first garment of the suit a light quality of albatross cloth, making the upper and sleeveless garment of a medium weight wool flannel. The albatross being too sleazy to take scalloping well, I turn under the edges once, and face with thin, narrow ribbon, such as comes for tying legal documents. I use the second width, about one-third inch wide. This is easier to use and makes a smoother finish than bias silk. For the flannel garment I use knitting silk for embroidering the scallops, and also for crocheting the neck and sleeve trimmings to the nightgowns, which I make of cotton and wool flannel, long and full.

For slips I used a rather thick cambric about the weight and fineness of French percale, such as is used in the imported nightgowns. These I varied from the original Gertrude slip by making the back like an ordinary yoke-slip. I followed the same plan as "M. S." in September number for the bands, but discarded them entirely after six weeks; the albatross is so soft that it does not rub or chafe.

For inner diapers use old undershirts cut into suitable sizes and hand hemmed; the cheap cotton-ribbed shirts are the best; they are very soft and as absorbent as those very expensive antiseptic knit diapers which are the poetry of that kind of thing. I short-coat my babies as near four months as may be. If this happens in warm weather, I cut off the tails of the albatross garments, and add larger sleeves, if those are needed (which with any kind of washing won't be necessary for some months after the change is made). I use the "Double V" waist made for babies; it is the nicest thing of the kind I have ever seen, having safety pins on the V portions, which I pin through the albatross inner garment to the diaper and stockings, or strap from the stockings, as the case may be. This waist carries the white skirt, and on cool days an "extra" of thin flannel; and if you put the baby in yoke slips with large sleeves, you will have as little trouble as you can reasonably expect. When the child is a year or more old, the infant "Double V's" with buttons carry the drawers and flannel skirt. The first Gertrude albatross is by this time short enough in the tail to go inside the drawers, or a camel's hair or ribbed natural wool shirt and pantalettes take its place.

If the baby must go into short clothes with winter before it, I use the flannel second garment, making sleeves and putting them on under the scallops of the armhole. I get enough flannel at first to make a second and larger pair of sleeves to each garment; and I always use a chain stitch machine for sewing in sleeves. It makes any necessary alterations in children's clothes a much shorter and simpler matter anyway, and I have never had any trouble from unintentional ripping.

Bristol, Tenn. M. A. B.

A Winter Outfit for an Eighteen-Months-Old.

SOME time ago a lady from Philadelphia gave a list of clothing necessary for a baby of eighteen months. I well remember the burden that came upon me before my first baby was born, when I read a similar list for infants. It may do very well for some people; but may I add a list for the comfort of some who have more than one child, only one or two servants and an income of less than $5,000?

FOR WINTER.

3 Warm undershirts.
3 Nightgowns.
3 Underwaists.
3 Pairs woolen drawers.
6 Pairs white drawers (if the child is properly trained).
3 Pairs stockings.
2 Pairs shoes.
3 Flannel petticoats (two for change and one for best).
4 White petticoats.
9 Dresses.
3 or 4 Wool sacques.
1 Coat.
1 Flannel shawl or blanket.
1 Hood, with extra separate flannel lining to be put in for cold days.
1 Pair knit drawers and leggins.

The oft-repeated 3 means: 2 for change and an extra one for accidents.

The baby wears her white dresses two days, and she is a clean baby, too. But if you allow chambéry or gingham for mornings and wash once a week, nine will be plenty. A child grows so rapidly that it takes almost constant changing and new garments, and the fewer one can have at a time, and be comfortable, the better.

My mother used to tell me: "Any one can put on clean clothes; but it takes a lady to *keep* them clean." The nurse's apron and hands and the nursery floor make a great difference in cleanliness. Unless one has a special laundress it seems to me hard to require such large washings of the ordinary servant.

I am raising my third baby, and though my list is smaller than this by several items, I find it ample.

The flannel shawl is a white embroidered one, which is put on when the weather is colder than usual. L. E. L.

St. Paul, Minn.

A Brooklyn Way of Dressing the Baby.

THE interest in how to dress the baby not having waned, I venture to suggest a compromise between Dr. Grosvenor's method and my own, which has proved successful. Not approving of only loose garments and bare legs in a climate where, in spite of furnace heat, drafts will creep up from the floor, and knowing from experience that there is no warmth to a flowing gown except when it clings to the shoulders, my second baby's outfit comprised the following articles: For day wear, first donned, was the softest of all wool ribbed shirts procured at a large Brooklyn dry-goods store; high neck and long sleeves, easily put on, as it buttoned its entire length and opened

in front. To this was attached the flannel band as long as worn. When discarded, the diaper, a cotton one, was pinned together, over the shirt in front (so as to have the flannel next the flesh), but under it in the back. Wool booties were worn and well drawn up over the diaper, and fastened above and around each knee by a safety pin ; thus nothing remained exposed of the baby but his head and hands. Then, having previously buttoned flannel and cambric skirts to a high neck, long sleeve waist, each on a separate row of tiny flat buttons having eyelets, and over these having drawn the slip, I passed the whole over his feet and limbs, then, after adjusting waist and sleeves, turned him face down, buttoned all in the back, and the little fellow was warmly and completely dressed in far less time than it has taken to tell it. In length from throat to the end of his skirts the garment measured just one yard.

For cooler days I had different grades of flannel made into Mother Hubbard wrappers, the same length as to be worn over the dress, and buttoned down the front.

The nightdress was of white Jaeger stockinet, home-made, buttoned in front, and long enough to cover the feet well and made to button over so as to inclose them. This was worn over a shirt similar to that worn by day; and until ready to sleep the booties were worn (pinned to the diaper as through the day), also a flannel wrapper, to equal the weight of the day clothing; but once in the crib these two last were removed. There never was a mark on the flesh from pin or button, and never the slightest fretting at toilet time, which always came midway between nursing intervals. And while the little fellow was dressed in a perfectly free way, sufficient clothing, though of an elastic kind, clung closely, so that he was thoroughly protected from draughts and variable weather. A. K. V.

Brooklyn.

STORY TELLING—HOW WE DO IT.—II.

BY NORA A. SMITH,

Principal of California Kindergarten Training School.

LONG ago, when I was first beginning kindergarten work, and when all its possibilities were rising before me, "up, up from glory to glory"—long ago, I was asked in a written examination to give what I considered the qualifications of an ideal kindergartner.

My answer was as follows—brief perhaps, but certainly comprehensive:

The Music of St. Cecilia.
The Art of Raphael.
The Dramatic genius of Rachel.
The Administrative ability of Cromwell.
The Wisdom of Solomon.
The Meekness of Moses, and—
The Patience of Job.

Twelve years' experience in the kindergarten has not lowered my ideals one whit, nor led me to deem superfluous any of these qualifications ; in fact I should make the list a little longer were I to write it now, and should add, perhaps, the Prudence of Franklin, the Inventive power of Edison, and the Talent for improvisation of the early Troubadours.

The Troubadours, indeed, could they return to earth, would wander about lonely and unwelcomed till they found home and refuge in the hospitable atmosphere of the kindergarten—the only spot in the busy modern world where delighted audiences still gather around the professional story-teller.

If I were asked to furnish a recipe for one of these professional story-tellers, these spinners of childish narratives, I should suggest one measure of pure literary taste, two of gesture and illustration, three of dramatic fire, and four of ready speech and clear expression. If to these you add a pinch of tact and sympathy, the compound

should be a toothsome one, and certain to agree with all who taste it.

And now as to the kind of story our professional is to tell. In selecting this, the first point to consider is its suitability to the audience. A story for very little ones, three or four years old, perhaps, must be simple, bright and full of action. They do not yet know how to listen; their comprehension of language is very limited and their sympathies quite undeveloped. Nor are they prepared to take wing with you into the lofty realms of the imagination; the adventures of the playful kitten, of the birdling learning to fly, of the lost ball, of the faithful dog—things which lie within their experience and belong to the sweet familiar atmosphere of the household, these they enjoy and understand.

It will be found also that the number of children to whom one is talking is a prominent factor in the problem of selecting a story. Two or three little ones gathered close about you may pay strict attention to a quiet, calm, eventless history; but a circle of twenty or thirty eager, restless little people needs more sparkle and incident.

If you are addressing a large number of children, the homes from which they come must be considered. Children of refined, cultivated parents, who have listened to family conversation, who have been talked to and encouraged to express themselves—these are able to understand much more lofty themes than the poor little mites who are only familiar with plain, practical ideas, and rough speech confined to the most ordinary wants of life.

And now, after the story is well selected, how long shall it be? It is impossible to fix an exact limit to the time it should occupy, for much depends on the age and the number of the children. I am reminded again of recipes and of the dismay of the inexperienced cook when she reads, "Stir in flour enough to make a stiff batter." Alas! How is she who has never made a stiff batter to settle the exact amount of flour necessary!

I might give certain suggestions as to time, such as "Close while the interest is still fresh"; or, "Do not make the tale so long as to weary the children"; but after all, these are only cook-book directions. In this, as in many other departments of work with children, one must learn in that "dear school" which "experience keeps." Five minutes, however, is quite long enough with the babies, and you will find that twice that time spent with the older children will give room for a tale of absorbing interest, with appropriate introduction and artistic *dénouement*.

As one of the chief values of the exercise is the familiarity with good English which it gives, I need not say that especial attention must be paid to the phraseology in which the story is clothed. Many persons who never write ungrammatically are inaccurate in speech, and the very familiarity and ease of manner which the story-teller must assume may lead her into colloquialisms and careless expressions. Of course, however, the language must be simple; the words, for the most part, Saxon. No ponderous, Johnsonian expressions should drag their slow length through the recital, entangling in their folds the comprehension of the child; nor, on the other hand, need we confine ourselves to monosyllables, adopting the bald style of Primers and First Readers. It is quite possible to talk simply and yet with grace and feeling, and be sure that children invariably appreciate poetry of expression.

The story should always be accompanied with gestures—simple, free, unstudied motions, descriptive, perhaps, of the sweep of the mother bird's wings as she soars away from the nest, or the waving of the fir-tree's branches as he sings to himself in the sunshine. This universal language is understood at once by the children, and not only serves as an interpreter of words and ideas, but gives life and attraction to the exercise.

Illustrations, either impromptu or carefully prepared beforehand, are always hailed with delight by the children. Nor need you hesitate to try your "'prentice hand" at this work. Never mind if you "cannot draw." It must be a rude picture, indeed, which is not enjoyed by an audience of little people. Their vivid imaginations will triumph over all difficulties and enable them to see the ideal shining through the real. It is well now and then to have the children illustrate the story. Their drawings, if executed quite without help, are most interesting from a psychological standpoint, and will afford great delight to you, as well as to the little artists themselves.

The stories can also be illustrated with clay modeling, an idealized mud-pie-making very dear to children. They soon become quite expert in moulding simple objects and enjoy the work with all the capacity of their childish hearts.

Now and then encourage the little ones to repeat what they remember of the tale you have told, or to tell something new on the same theme. If the story you have given has been within their range and on a familiar subject, a torrent of in-

fantile reminiscence will immediately gush forth and you will have a miniature "experience meeting." If you have been telling a dog story, for instance,—"I hed a dog once't," cries Jimmy breathlessly, and is just about to tell some startling incident concerning him when Nickey pipes up, "And so hed I, and the pound man tuk him"; and so on, all around the circle in the Free Kindergarten, each child palpitating with eagerness to give you his bit of personal experience.

Gather the little ones as near to you as possible when you are telling stories, the tiniest in your lap, the others cuddled at your knee. This is easily managed in the nursery, but is more difficult with a large circle of children. With the latter you can but seat yourself among the wee ones, confident that the interest of the story will hold the attention of the older children.

What a happy hour it is, this one of story-telling, dear and sacred to every child-lover! What an eager, delightful audience are these little ones, grieving at the sorrows of the heroes, laughing at their happy successes, breathless with anxiety lest the cat catch the disobedient mouse, clapping hands when the Ugly Duckling is changed into the Swan—all appreciation, all interest, all joy! We might count the rest of the world well lost, could we ever be surrounded by such blooming faces, such loving hearts and such ready sympathy.

A Specimen Story, with Motions.

The following little story contains, it is hoped, some of the elements which will help to make it a favorite with children. It was written, simple as it is, first to illustrate the interdependence of all life—the truth that "No man liveth to himself," but that "all are members one of another." The baker cannot furnish the bread till the miller grinds the flour; the flour cannot be ground till the farmer brings the wheat; the wheat cannot grow and ripen until the seed germinates; the seed cannot germinate until the rain falls and the sun shines—and so on, through every link of the chain that binds man's needs to God's providing. I believe that the tiniest child can be led to realize this interdependence and interaction of life. He cannot explain it, nor is it wise that he should be questioned regarding it; yet, none the less, the seed thought is there and after years will see its growth and fruition.

The second point which the story is intended to illustrate is the principle of repetition or continuity of sound—a thing in which children find a never-failing source of delight. For this reason "The House that Jack Built," the "Old Woman and her Pig," and other kindred tales have always been so popular in the nursery.

Third—the story gives ample room for gesture, always fascinating to the child, and when it has grown somewhat familiar to the little ones, it is expected that they will join in each motion and thus make the small drama more realistic and delightful.

THE LITTLE GIRL WHO COULDN'T WAIT.

ONE day the little girl's mother said to her: "Daughter, wouldn't you like to learn to make a nice slice of toast for mother, such as she wants when she isn't feeling well?"

"Yes, indeed!" said the little girl, jumping up and clapping her hands, "let's begin now."

"No," said her mother, "not quite yet; you must wait a little; the baker hasn't brought the bread yet."

"Oh, no, I *can't* wait," said the little girl, and away she ran to the baker's.

"Dear Baker," said she, "please give me a loaf of bread to make toast for my mother."

The baker was washing his pans—*so*—and cleaning his ovens—*so*—but he stopped to say:

"I'm sorry, little girl, but my bread is all gone. You'll have to wait till the miller brings me some fresh flour."

"No, I *can't* wait," said the little girl, and away she ran to the miller's.

"Dear Miller," said she, "please give me some flour, to bake a loaf of bread, to make toast for my mother."

The miller was watching the great water-wheel turn—*so*—and the heavy mill-stones go round—*so*—but he stopped to say:

"I'm sorry, little girl, but my flour is all gone. You'll have to wait till the farmer brings me some fresh wheat."

"But I *can't* wait," said the little girl, and away she ran to the farmer's.

"Dear Farmer," she said, "please give me some wheat, to grind into flour, to bake a loaf of bread, to make toast for my mother."

The farmer was scattering the seed—*so*—and covering it nicely with earth—*so*—but he stopped to say: "I'm sorry, little girl; but my wheat is only just planted. You'll have to wait till it grows."

"Indeed, I *can't* wait," said the little girl, and away she ran to the wheat field.

"Dear Seeds," she said, "will you please sprout and grow tall, so that I can have some wheat, to grind into flour, to bake a loaf of bread, to make toast for my mother?"

The seeds were fast asleep in the ground—*so*—each nestled close to his brother—*so*—but they wakened to say: "We're sorry, little girl, but we cannot sprout and grow yet, we are so hard and dry. You must wait till the rain comes to soften our coats."

"But I really *can't* wait," said the little girl, and she looked up into the sky and said, "Dear Rain, will you please fall down and soften the coats of the seeds, so that they can sprout and grow into tall wheat, to grind into flour, to bake a loaf of bread, to make toast for my mother?"

The rain drops were chasing each other round and round—*so*—and running races down cloud-hills—*so*—but they stopped to say: "We're sorry, little girl, but we can't come down just yet. You must wait till the clouds gather."

"But, indeed, I can *not* wait," said the little girl, and she ran to the top of a hill where the clouds seemed nearer.

"Dear Clouds," she said, "won't you please gather thick and black, and let the rain come down, to soften the coats of the seeds, so that they can sprout and grow into tall wheat, to grind into flour, to bake a loaf of bread, to make toast for my mother?"

The clouds were floating slowly through the sky—*so*—and piling themselves into great puffs—*so*—but they stopped to say: "We're sorry, little girl, but we can't gather yet—the sun is so warm and bright. You must wait till he hides his face."

"But I CANNOT wait," said the little girl, and now she was ready to cry. So she looked up to the sun and said: "Dear, kind Sun, will you not hide your face, so that the clouds can gather thick and dark, to let the rain come down and soften the coats of the seeds so that they can sprout and grow into tall wheat, to grind into flour, to bake a loaf of bread, to make toast for my mother?"

The sun was shining bright in the sky—*so*—and sending his warm rays down to earth—*so*—but he stopped to say: "Yes, little girl, I'll hide my face soon; but I'm busy just now warming the ground and coaxing the spring flowers to bloom. You must wait a little."

"Dear me," sobbed the little girl, "they all say '*Wait!*' '*Wait!*' '*Wait!*' and they don't know how hard it is, when you want to learn to make toast for your mother. But I suppose I'll *have* to wait for the sun—he's too big to hurry."

So down she sat on a stone—*so*—and rested her head on her hand—*so*—and she WAITED!

And by-and-by when the great sun had warmed the ground and coaxed the spring flowers to bloom, he hid his splendid shining face—*so*. Then the clouds gathered dark and heavy—*so*—and presently, hurry! scurry! patter! clatter! down came the rain drops—*so*.

They softened the hard, dry coats of the seeds till they sprouted and began to grow. By and by the tall, yellow wheat waved in the wind—*so*—and still the little girl *w-a-i-t-e-d!*

Then the farmer came with his sickle, cut down the wheat—*so*—and carried it to his barn, where he thrashed it—*so*. It was put into bags and carried to the mill, where the heavy stones ground it—*so*—into flour as white as snow—and still the little girl *w-a-i-t-e-d!*

Then the baker mixed water and yeast and salt with the flour and kneaded it—*so*—until it was dough. The dough was made into loaves of bread; then it was set away to rise; afterwards it was put in the oven to bake—and still the little girl *w-a-i-t-e-d!*

At last the bread was done, the little girl ran home with a loaf to her mother, and she learned to make such a delicious slice of toast, so hot, so crisp, so beautifully brown, that it makes me hungry even to think of it!

THE AUTOBIOGRAPHY OF A DELICATE BABY.

I AM a nine-months-old baby, and I am here given an opportunity, which is rarely granted to one so young, of expressing my views in BABYHOOD upon the new world in which I find myself placed, not wholly in accordance with my own will.

There was apparently a great fuss in getting me here. It took three doctors besides the nurse, I believe, and my mamma was so ill for several days that she could not speak a loud word. But the first thing I remember is that I was dipped alternately into hot and cold water and then whacked severely on the back. Of course that hurt me, and I cried out. Then they said: "She is alive; wrap her in a blanket and leave her on the bed." So there they left me for an hour or more, which, considering that I was a stranger, did not seem to be very polite. However, as the room I was left in was dark, there was nothing for me to do but to go to sleep, which I thereupon did, as I was very tired with my journey.

The next thing I remember was my first bath. It was given me by a sweet-faced woman with a white cap and apron, who called me all sorts of pet names and really talked to me as if she knew I felt a little lonely and homesick. When I was dressed I felt more comfortable, though so many clothes were a nuisance when one flannel nightgown would have done perfectly well. It was my grandmother that bought my "Layette," and she did not believe in the "Gertrude" suits.

After I was washed I wished to be amused and to be taken to see my new mamma; but I heard the doctor tell the nurse to take the baby as far away from her mother as was possible, so that she might not be disturbed by the crying. Of course I then cried all the more. I was put into a little basket lined with white muslin and blue silk, and left all alone for the whole night in a room which they called the nursery. After that they began to feed me every two hours. And such poor stuff as they gave me! My mother was too sick to take care of me herself, and so they tried what is called artificial food, milk and water, condensed milk, prepared food, etc. All this tasted badly and made me feel sick, so I screamed all day and all night just to tell them they were doing the wrong thing for me. But they did not seem to know any better, and went on trying to make me eat all sorts of ridiculous things. At last, one day I had a convulsion. I had it to show them that if they did not treat me better I would not stay here much longer. That frightened my mamma greatly, and, though she was very sick herself, she sent for the doctor and told him that I must have a wet-nurse. I heard my monthly nurse say that was the *last* thing they could do for me, and though my poor papa thought ten dollars a week a pretty heavy drain on his purse, he sent for my uncle, his doctor-brother, and told him to go to Boston and bring a nurse back that evening. There was great excitement in the house over the expected nurse, and my mamma was much afraid lest she should be a colored woman—as if a black cow would not give just as good milk as a white or red one, I thought to myself.

My uncle brought the nurse that evening. She was a white woman and very thin and weak; she looked very unhappy, but I heard my uncle say she was the best he could get. At first my monthly nurse would not leave me alone with her a moment, but she seemed friendly, though her milk was watery, I thought, as soon as I tasted it, and I knew it would never make me grow fat. But it was the best thing they had yet given me, and I resolved to content myself with it for a while and not worry the family with any more convulsions. My new nurse was quite a study. Before my mamma she was very gentle and sweet and sad, but when she was alone with me she talked in a much louder voice and sang some very vulgar songs. My mamma did not want me rocked to sleep, and the nurse pretended to mind her, but as soon as my mamma left the nursery she took me out of my basket and rocked me for hours. Mamma did not want me fed except regularly every two hours, but when she was not watched my nurse would feed me whenever I cried, and often my crying did not mean that I was hungry. When my dinner was offered me I took it, but it often gave me the colic, and the whole house had to be aroused to relieve me.

My mamma thought my new nurse was devoted to me, but my papa distrusted her, especially after one day when he heard her talking to the cook, and she did not know he was near. I believe he heard her call me "a mean squalling baby," which was very unfair, for if I had been given

suitable food I would have been as good then as I am now.

Once I heard my nurse telling my mamma that I never went to sleep until 10 o'clock ; but really as soon as my mamma had gone downstairs my nurse lighted the nursery gas and kept me awake by talking to me all the evening. After I had been nursed about three weeks my mamma and papa began to worry because I did not grow fatter. I knew by the taste of my nurse's milk that it was watery, and I always went to sleep after I had nursed about ten minutes. Sometimes my papa would prod me and say that I was lazy, or he would let me go to sleep and make me wait two long hours before giving me any more to eat. And all the time my little legs grew thinner and thinner until they looked like drumsticks. When I was born I weighed 9 pounds, and when I was two months old I only weighed 10 pounds. I used to hear everybody who came in to see me say: "That baby will never live to grow up, much as they do for her."

Meantime my nurse had a cough, though she tried to choke it when my mamma was in the nursery. She took raw eggs and she drank two quarts of milk a day, and then when my papa said she did not look well she would lie and say that the cook starved her. Meantime, poor little I was hungry all the time, for although the nurse had plenty of milk it was poor, weak stuff, not fit to eat. At last my papa went out and bought Dr. Starr's "Hygiene of the Nursery," and he and mamma used to read it all the time. Now Dr. Starr, I believe, says that "good bottle feeding is better than bad breast feeding," so they decided to try me again on the bottle. It was April by this time, and I was a wee, feeble thing, who could not hold her head up, and summer was coming, and I fancy nobody thought I would live through it. My mamma began feeding me very carefully, giving me only a teaspoonful of cream and water three times a day at first. I liked it, however, and it agreed with me, so she gradually increased my allowance, adding a little milk. I could not bear much milk, for it gave me indigestion, but I could take the cream perfectly. Finally I was able to take 2 ounces of milk and 1 of cream and 3 of barley water, and then I began to grow fat, and I refused to take any more of my nurse's milk. She was very angry, for she knew she could not earn $10 a week if I were brought up on the bottle; but she cried and begged so hard to stay and take care of me that my mother said she might stay until she could get her own baby into a home. But she was a bad woman and very ungrateful. She was clean about my bottles and she washed me nicely, but those were her only good points. She used bad words and quarreled with everybody in the house and deceived everybody but me. One day there came a telegram to say that her own baby had died of scarlet fever, and then she disappeared and we never saw her again.

My mamma was an invalid, so, of course, it was very inconvenient to have the nurse go off so suddenly, but my papa went to Boston to bring me home a new one. He did not know very much about getting nurse-girls, and the one he brought back was too young, but he said that she had had a great deal of experience in an infant asylum. She said she knew all about babies and bottles. But I don't believe they are very careful of the babies in the asylum she came from. I know that she never washed out my bottle except when my mamma was in the room, and she often left my ten o'clock bottle in the bed with me half full of sour milk all night. She used to talk about the number of children who died in the asylum, and I feel sure that they did not receive good care. Indeed, she told of one nurse who put the babies' heads under a faucet when they cried. She said she had washed hundreds of babies, but she never dried me thoroughly, and I became dreadfully chafed. Then she used to forget to change the water in which my rubber nipples were kept, and they tasted sour and horrid. The result was that I began to have indigestion, and came very near having cholera infantum. My mamma said she knew it was due to the nurse's carelessness, and that she was going to Boston to get some more trustworthy person herself. So, although I was still sick, my mamma and my papa went to Boston and bought a sterilizer and engaged an English nurse, who was faithful and obedient and neat; and ever since then, all through July and August and September, I have been perfectly well. My milk is sterilized every morning, and I take 1 ounce of cream, 3 ounces of milk and 4 of barley water, and it is sweetened with sugar of milk. It tastes "just splendid," and I have gained half a pound a week straight through the summer on it, and now weigh 21 pounds, and am the "picture of health," everybody says. I wish you could see my fat legs.

Since I was three months old I have not cried at night. My last feeding is six in the evening, and my next six in the morning. In the daytime I am fed every three hours, and lie in my carriage

on the piazza all day long, sleeping and shaking my rattle and making no trouble for any one. My nurse has time to sew, and I expect her to make me some very pretty new winter clothes. All babies would be as good as I am if they were only treated in the right way.

I can't creep yet, and they say it is because I am too fat, but really I prefer *not* to go about on all-fours. It is not dignified for a baby with literary aspiration. Oh! I forgot to say that I have a tooth, and nobody in the house knew that it was coming except my little rubber doll. I used to tell her that it was on its way, and she kindly lent me her hand whenever I wanted to try it, and see if it really would bite anything. One day my mamma saw it and she was delighted, although I do not know what good it does her, I'm sure.

She tells all her friends that I am a baby who has been brought up on a book; and she always sings the praises of Dr. Starr and of BABYHOOD. Some of the other mammas laugh at her, but she does not mind, so long as I am such good proof that her theory works. But I began by saying that I was a nine-months-old baby, and for one of my age I think my autobiography is long enough. B. G.

CHILDREN'S LIES.

BY ELIZABETH S. BROWN, M.D.

IN an article in the *Pedagogical Seminary* for June, 1891, by Dr. G. Stanley Hall, the author reports a series of examinations of children in regard to the matter of telling lies.

Four teachers from Mrs. Shaw's Kindergartens in Boston examined 300 children of both sexes between twelve and fourteen privately, by a carefully devised method which avoided all indelicacy to the childish conscience. The returns are divided into seven distinct species of lies, and each is reported on with detail.

1. *Pseudophobia*, where every deviation from painfully literal truth is alike heinous in the child's mind; and when "I think" or "perhaps" is silently interpolated, or "not" is said over hundreds of times to neutralize the guilt of intended or unintended falsehoods. Some of the children even feared instant death, like Ananias, for even an unconscious misstatement; and systematized palliatives, casuistic word splitting, were the result.

2. The *Lie Heroic*, which is justified as a means to noble ends. The normal child feels the heroism of self-sacrifice far earlier and more keenly than it can appreciate the sublimity of truth.

3. *Truth for friends and lies for enemies.*—With most children, as with savages, truthfulness is greatly affected by personal likes and dislikes. The best correction for this tendency of children, the author believes, is instruction in science, the moral needs and uses of which alone call loudly for more of it and better. But the teachers of younger children should look well to their friendships, and study especially the character of leaders and favorites.

4. *Selfishness.*—Every game, especially every exciting one, has its own temptation to cheat. Lies of this kind, prompted by excitement, are so easily forgotten when the excitement is over, that they rarely rankle and are hard to get at; but they make boys unscrupulous and grasping. School life is responsible for very many if not most of the deliberate lies of this class. Such lies ease children over so many hard places in life and are convenient covers for weakness and even vice. The facility with which a whole street or school may be corrupted in this respect (often without suspicion on the part of adults), by a single bold, bad, but popular child; the immunity from detection which school offers so much more than home for even habitual lies of this class, as well as the degree of moral degradation to which they may lead, all point to *selfish falsehoods* as on the whole the most dangerous, corrupting and hard to correct of any of the species.

The tendency to this form of lying should be

met by hard and even hated tasks; and rugged moral, mental and physical regimen should supplement those modern methods which make education a sort of self-indulgence of natural interests.

5. *Imagination and play.*—Much childish play owes its charm to partial self-deception. Revery which materializes all wishes; the mythopœic faculty which still occasionally creates a genuine myth among children; the clever yarns of their own invention with which boys and girls amuse their mates: to all these the school has paid little attention. It might almost be said of children, somewhat as Frohschammer argues of mental activity, and even of the universe itself, that all their life is imagination. The control, and not the elimination of this exercise of the imaginative faculty, is what is to be sought in the high interest of truthfulness. Imaginative literature is, psychologically, the direct development from this variety of play, and into this its unfoldment is natural.

6. *Pseudomania.*—The worst type of lies, those that are practically pathological, are rare among children. This form of falsehood is illustrated by passionate love of showing off, by false pretenses, by assuming new characters or going to new places. Accessory motives, as love of applause or love of money, are at first involved, but later, what we may designate as a veritable *pseudomania* supervenes. Here, lies for others, and even self-deception, are an appetite indulged directly against every motive of prudence and interest. Those who have failed in many legitimate endeavors learn that they can make themselves of much account in the world by adroit lying. These cases demand the most prompt and drastic treatment. If the withdrawal of attention, sympathy and belief in the earlier manifestations; if instruction and reprimand are not enough, there is still virtue in the rod (so says Dr. Hall). If this fail, then the doctor should be called.

Palliations for lies.—Children have many palliations that wound the conscience. To say "yes," and add in a whisper, "in my mind," meant "no" among the children of several schools in one large city. To put the left hand on the right shoulder also has power, many think, to reverse a lie, and even an oath may be neutralized or taken in an opposite sense by raising the left instead of the right hand. To think, "I do not mean it," or to mean it in a different sense, was a form of mental reservation repeatedly found. If one *tries* not to hear when called, he may say he did not hear, with less guilt. An acted lie is far less frequently felt than a spoken one; so to nod is less sinful than to say yes; to point the wrong way when asked where some one is gone, is less guilty than to *say* wrongly. Pantomimed lies are, it is evident, for the most part easily gotten away with. In short, hardly any of the sinuosities lately asserted, whether rightly or wrongly, of the earlier Jesuit confessionals, and all the elaborate pharmacopœia of placebos they are said to have used to ease consciences outraged by falsehood, seem reproduced in the spontaneous endeavors of children to mitigate the poignancy of this sense of guilt.

When the author reaches the point of the treatment and cure of the habit of lying, he says that the chief practical point is for the teacher or parent to distinguish the different forms of the disease and apply the remedies best for each. So far from being a simple perversity, it is so exceedingly complex, and born of such diverse and even opposite tendencies, that a course of treatment that would cure one form would sometimes directly aggravate another.

A robust truth speaking is the best pedagogic preparation for active life; a truthfulness which holds men up to the top of their moral condition, above the false beliefs, false fears, and false themes, hopes, loves we are prone to. The effort to act a part or fill a place in life for which nature has not made us, fascinating to intoxication as it is for feeble, characterless, psychophysic constitutions, is one of the chief sources of waste of moral energy in modern society. The habitual gratification of all a child's wishes indirectly cultivates mendacity, because truth requires a robust and hardy self-sacrifice. Much society of strangers, when "first impressions" are consciously made, proves it. Frequent change of environment favors it, because the feeling arises that "new leaves" can be easily turned. Frequent novelties, even of studies, probably cultivate one of its most incurable forms, viz., that state of nerves when the first impression is strong and vivid and pleasurable, while repetitions are indifferent, if not soon positively painful. And finally children should be shielded from both the professional mendacity and the false exaggeration of many modern newspapers.

BRAIN QUIET A NECESSITY IN INFANCY.

BY KENYON WEST.

COULD the philosophers see into the brain of a little child and understand its subtle workings and intricate processes of thought, all the problems which perplexed Locke, Descartes and the rest would be solved and the world know the truth about "innate ideas."

But though we cannot fully understand mental processes, there is one thing of which we can be perfectly sure, and that is that the brain of a little child is one of the most delicate creations of the might and power of God ; and on account of that very delicacy it demands the wisest care from those among whom the early years of the child are passed.

Just how much a child should be taught and just how little the brain should be educated, is one of the most difficult problems which beset the mother who thinks deeply and conscientiously about her personal responsibility ; yet how seldom mothers and nurses think of this matter. They are careful about the healthful dressing, or the diet, or the bodily comfort of the dear baby who has come to bless them ; but almost immediately after the baby's arrival they begin that process of brain forcing which to an excitable child, with intellectual and spiritual nature susceptible of high development, is a positive and sometimes a fatal injury.

The first baby, who has not the advantage of being with other children, as well as the "only child," who spends most of the time with older people, are especially exposed to this evil of brain forcing. Their faculties of attention and of observation are too early trained, and premature demands are made upon their powers of sympathy and upon that lovely trait of responsiveness which lends such a charm to the character.

A child whose time is spent only with grown people hears language which expresses mature thought far beyond the comprehension of the little brain ; but gradually, by means of constant repetition, this thought becomes familiar, the understanding of the child becomes very active, and thus there is premature exercise and development of certain intellectual faculties which up to a certain age should be quietly allowed to rest. But the fate of a baby with other children is different. To be sure, more "naughtinesses" are taught, many daring physical feats are imitated, but on the whole the brain is not so stimulated, there is a healthier system of education and a more gradual one. Of course, even under these more favorable conditions parents and nurses can do the same amount of harm by undue attention to the baby; but where there are several children this attention is usually distributed among them all and not concentrated upon one.

The object of this paper is to try to enforce the great truth that too much intellectual attention is usually paid to babies, and that a judicious letting alone is necessary to the healthfulness and best welfare of the brain.

There will be no attempt to deal with the medical aspects of the subject, nor even to mention the physical causes or symptoms of brain disease. The whole subject is a wide one, and many pages could be written upon both its medical and moral sides. We shall limit ourselves to a brief consideration of a few of the rules which should govern every one who has charge of the first years of an infant's life.

"The baby new to earth and sky" should not be talked to. This is the first great commandment, and within it are included almost all other forbidden things. That brain, sensitive, delicate, should not be exercised as yet. It will learn unconsciously, learn faster in one year than older brains in ten years. Then why should the nurse, as she is administering to the physical wants of the child, begin at once somewhat in this way :

"Yes, do look at the pretty light over there ; he does just love to look all about him, so he does. See, see, there is Mamma, she is looking at her dear

little baby; see how she smiles at her dear little boy! And oh see, here's a pretty picture, a doggie and a horsie. What big ears that horsie has. Wouldn't baby like to ride on that horsie? How he would jump and canter, and baby would go so fast. And see, look at that on the wall."

Fancy talking like that to a day-old baby! Do I exaggerate? I think the experience of every doctor will prove that I do not.

Then as the weeks go on the baby's attention is constantly called to objects near and remote; he is not allowed to "vegetate" one single waking instant. And just here it would not, perhaps, be out of place to enter a protest against the use of nursery rhymes and melodies too early in life. By melodies I mean those with words attached, of course. Music *per se* is never harmful; it has power not only over the breast of the savage, but has a wonderful charm for the ear of a little child. Rhymes have their use, no doubt; but as a rule they are taught a baby when his memory and mental powers should receive no stimulus from without; he will himself exercise them every day fully as much as is necessary. No verses, nothing of that kind, should be taught him till he is five or six years old, at least, and even then it is well to be moderate. Not long ago the writer witnessed this scene: A number of people were gathered together in a drawing-room, talking among themselves, when an aunt of the hostess interrupted the conversation by saying: "Oh, we must have Baby down to sing that little song we taught him yesterday. I will go and get him." Not heeding an appealing look from an intimate friend, she left the room, soon after bringing in a dear little fellow of only two years of age. His head was large, and he had a very bright, intelligent face, but there were dark rings under his eyes and he did not look well. His aunt, when he shrank from the gaze of those in the room, pushed him gently forward, saying:

"Now, dearie, sing it and I will give you something pretty which you will like very much. Remember what I promised you upstairs. Here's your violin; put it under your arm so, that is right, now sing and don't forget the five verses. Remember what I promised you."

Thus urged, the baby began in his quavering treble a song, at the same time holding in his arms a toy violin and bow. Of course out of courtesy the company listened attentively and praised the baby and tried to look delighted, but the flush on the little fellow's face and the excitement in the eyes gave pain to not a few.

Such forcing is not only detrimental to the mental welfare of a child and prevents that rest and brain quiet which are absolutely essential, but as the years go on it has also a moral effect which cannot fail to make itself evident. Ideas which for years should remain vague and unsubstantial become, by means of this persistent talking and teaching, familiar. The baby hears words whose meaning is altogether unknown, but they are explained with great care; then he learns them and repeats them over, to the delight of the parents, they in turn repeating them in the hearing of the child; thus the result is not only over-stimulus of the intellect, but the innate love of praise and admiration in the child's nature is fostered, making him self-assertive and self-conscious, than which there is, perhaps, no more disagreeable trait. But with these moral results this paper is not intended to deal. It only aims to indicate a few, and a few only, of the ways in which a baby's brain is injured by either the thoughtlessness or the ignorance of those who have the child in charge. And not only thoughtlessness or ignorance; very often it is pure selfishness, or perhaps, more properly speaking, disinclination to self-denial. For it does require self-denial not to talk to a baby. What is more delightful, what pleasure is sweeter, for a fond, proud mother, than to talk to her darling, and win responsive thought and sympathy from the wee, sweet being? When from motives of prudence she refrains, does it not require self-denial? Indeed it does, but it is a self-denial which will surely have its reward.

Of course it is not possible to refrain from talking to a child to a certain extent; common sense teaches us that guidance, discipline, entertainment when the child is crying, diversion when he is ill, are necessary. But the wise mother will try to keep from overdoing the entertainment and diversion. She will choose words of the simplest description, she will not tax the memory by numerous repetitions of a story, she will not call the little one's attention too frequently from one thing to another, she will show pictures without weaving tales about them to excite the imagination, she will allow an interesting object to make its own impression without too much aid from her maturer mind, she will try to school herself to self-denial in the imparting of her own thoughts, she will try to leave the baby brain to its own unstimulated, untrammeled development. And then, in spite of all her care, she will be surprised to find how much her baby knows, she will be

surprised to hear how much he talks, how many words and expressions not intended for his ear have been remembered and cherished and imitated, how every day the little brain has been gathering knowledge.

> But as he grows he gathers much,
> And learns the use of "I" and "me,"
> And finds "I am not that I see,
> And other than the things I touch."
>
> So rounds he to a separate mind
> From whence clear memory may begin,
> As through the frame that binds him in
> His isolation grows defined.*

Another danger closely connected with the habit of talking too much to a baby comes from the baby's powers of sympathy being called into use too early. Many children pass unscathed through such dangers; but to the nervous, excitable, spiritual child they may prove a great injury. A baby's impulses to helpfulness, his sympathy with suffering, are all lovely traits, but should not be exercised too soon. But the temptation to call them forth is often so great that few mothers or nurses can resist. Caution should also be used in awakening that responsiveness which in child or grown person is so beautiful, without which there can be no satisfying friendships. If a child is absorbed in a certain thing leave him alone, do not call his attention off to something else, however much you want to win from him sympathy in your own interest, or want him to respond to your thought; wait till he is tired and demands a change of amusement.

With many children such watchful reserve, such care is not necessary; but that child with the dreamy, thoughtful eyes and full forehead, whose observing faculties seem so acute, who is "hard to get to sleep," who would rather "play than eat any day," or that child with thoughtful, brooding ways, who responds so sweetly to affection, who seems to have so much of soul, so much of all that is beautiful in his nature, such children should not have their intellect stimulated, should not be talked to, should not have ideas beyond their age forced upon their attention; should, on the contrary, have every attention paid to their physical culture, be much in the open air, be wooed to sleep by every patient device, and when asleep everything about them should be kept as quiet as possible. Indeed, at all times there should be an air of quiet serenity maintained in the words and actions of those about them, a state of things entirely compatible with abundance of happy play; in short, every effort should be made to have the physical life of the baby predominate over the intellectual and spiritual.

* Tennyson's "In Memoriam."

KITTY-KA-TAT, A WICHITA BABY.

BY ELIZABETH GRINNELL.

WE drew in our ponies and dropped the bridle reins over the sunflower stalks, while we peeped in to say "How" to our Wichita friend. We found her sitting on a soft elk skin rug. Her red blanket had slipped from her bare, brown shoulder, and against her left breast nestled a new-born baby, Kitty-ka-tat. He had long, thick, black hair. The scalp lock, a very tiny one, had just been braided, and woven in with the braid was a small brass chain, with pendants reaching to the neck. Wound about either dimpled wrist were seven strands of fine copper wire. Around the small ankles were little tinkling ornaments suspended by a buckskin thong. These completed this "infant's outfit."

The soft, black eyes of the baby winked hard at the thick blue smoke winding its way to the opening at the top of the lodge poles. The mother smiled as she parted the soft beaver skin above him, that we might see the clean, bronze beauty of her first born.

A day or two later the infant was placed in its cradle or cage, a wooden frame closely covered with beaded embroidery. On this, at regular intervals, were streamers of pretty colored ribbons. Down the sides were arranged tiny bells that tinkled in the wind and sparkled in the sunshine. The baby was wrapped in soft furs and laced into this cradle, his arms straight down by his sides. His little fat fists had no room to

fidget about, nor could he scratch his small nose with his sharp baby nails.

He liked this "papoose's cradle." He journeyed miles and miles in it, strapped to his mother's back. When she was broiling the buffalo steak for supper or pounding the parched corn in her stone mortar, she stood the cradle, "baby and all," against the lodge or under the scrub oak and the wild grape vines outside. Once, when we were there, the wind blew a sudden gust, and down fell the cage with its occupant. Kitty-ka-tat only blinked hard at his mother when she picked him up and crooned some comforting words in the Wichita tongue. Sometimes she took him out of his wrappings and sang in a soft, low voice to the baby:

Lullaby, lullaby!
Sleep, oh sleep, my little Brave,
Wild grape tendrils o'er thee wave;
I will croon
Indian legends for thine ear,
All about the fox and deer,
And the wild cat's whining mews,
While I bead thy buckskin shoes.
Lullaby, lullaby!

After a while the most noted medicine man in the tribe pierced Kitty-ka-tat's ears, and his mother strung beautiful pendants for them of white "clay pipe" (a kind of costly bead) and German silver spangles. When he was old enough to leave the beaded cradle for good, he emerged straight as an arrow. His head was a trifle flat at the back, but that was "all the rage" for Wichita babies. An eagle's feather, set in the scalp lock at the crown, marked him as the son of a chief.

I never heard him cry, even when he was hurt. Indian babies are silent. It is born in them to be stolid and unemotional.

There was little mischief for a baby to find out in a Wichita home. Once he made a dash for a pretty red coal in the ashes; he looked up in surprise at his mother, and sucked his finger. As the weather grew warmer he wore no clothing save a deer thong around the waist just above the middle. It never slipped down, that was impossible, for his protruding little stomach prevented it. A profile view of him showed a figure to make one smile.

He was rarely if ever naughty. If disobedient his mother whipped him not, nor did she shut him in a dark closet. She took him to the creek, no matter how cold it was, and "ducked him," till the "bad" was all washed away down the stream.

When he could aim his arrow at a prairie dog, he was weaned. He ate his fill of whatever was in the lodge; but when he was done, be it many times a day, he washed his mouth with clear cold water. Hence it is that the teeth of an Indian are always white and sound.

When it was cold, Kitty-ka-tat wrapped the skin of a baby buffalo, fur side in, about him, head and all, down to his moccasined feet, and was "warm as toast." He liked sugar, and I always carried some cubes in my pocket for him. Once, when he was very little, I dressed him in my baby's clothes to see how he would look. The white cambric and delicate flannel were not half so becoming to "his style" as were his gaudy beaded wrappings.

He was gone for a month on a buffalo hunt in the pouch of his mother's blanket; this was tied securely about the waist; the upper corners of the blanket were knotted in front of her chin, leaving a pocket behind her just large enough to put the baby in. I saw him fast asleep, his little hatless black head bobbing from side to side with every lope of the pony.

When he was six years old Kitty-ka-tat was very sick. His mother wrapped him in warm skins, built a fire in the center of the lodge and sent for the medicine man. For days there was no cessation of strange noises in the tent. The doctor rattled dried wild gourds filled with stones. He beat the big medicine drums, tooted reed pipes, sang and screamed, but all to no purpose. Evil spirits had fast hold of the boy, and would not be scared away. He grew worse. Another medicine man was called, who steeped herbs and drank the tea himself. He wrote strange hieroglyphics on the clay floor around the fire, and invoked the aid of good spirits. The mother laid the child between herself and the fire. Her relatives sat around, almost filling the tent. My friend, ignorant of Indian superstition, could best reach a sitting-place by stepping over the sick child. Instantly the mother cried out, and every woman in the lodge put her hand over her mouth with a groan. The child would never get well. His grave would be stepped over as my friend had innocently stepped across the form on the floor.

A few days later we were riding Indian file along the pony trail in the tall rank grass, which completely hid us. Suddenly we heard a cry. Coming to an open place, in a lonely spot by the creek, we saw our Wichita friend. She was alone, and we knew that Kitty-ka-tat was dead.

With a rude flint hoe his mother had dug a shallow grave. In its bottom she had placed many skins to make it soft; she had wrapped her child in his best beaver blanket, and laid him on his bed of furs. By his side she placed his little bow and arrow, the dead bird he had last held in his hand, a delicate piece of buffalo meat, and some rude toys he had loved.

Above him she placed more furs, and over these sticks were laid across, with prairie grass above. Over the whole a mound of earth was formed. For a defense against wild beasts she was placing around the grave strong sticks and branches, interlaced.

At intervals she paused in her solitary work, and, looking upward, cried long and piteously.

We turned our horses and rode sadly away, but the cry of that lonely Indian mother followed after us in a solemn

REQUIEM FOR KITTY-KA-TAT.

Sleep, baby, sleep!
Wave gently, grasses, wave,
Weave a cover for the grave;
While the whispering zephyrs keep
Faithful watch, above, around
Thy small wigwam in the ground;
Wild bees, hum a lullaby
In the spring-time, while I cry;
While I cry.

Sleep, baby, sleep!
When you hear the white owl's whirr;
When the winter winds are high,
And the red fox passes by,
Do not stir.
When the snow is falling chill
On my lodge beyond the hill,
When the wolf-cubs starve and die,
Listen, you shall hear me cry;
Hear me cry.

THE MOTHERS' PARLIAMENT.

Every-day Life with Children.

—How to interest and amuse little children is a problem to many a busy mother. So many women are prone to reflect that if they could send their children to a kindergarten it would solve the difficulty; but we cannot well send them there until they have reached a suitable age, and then if we happen to live in one of the thousands of places where no kindergartens exist, the problem is in no way solved.

Friedrich Froebel, the great teacher of the kindergarten system, was a philosopher of unusual mental gifts. His own childhood was a pitiable remembrance, sufficient in its dearth of brightness to enlist his heart in the welfare of the world's children. His mother he lost in infancy, and his father exercised his paternal care toward his parish, greatly to the neglect of his own family. Step-motherly unkindness succeeded neglect, and his mind suffering for guidance groped about, hidden like a blossom in a thicket of weeds; no one approached him in his solitary love of nature; no one understood his fine sensibilities; he was isolated, forlorn and miserable.

Froebel could have been made happy and his mind developed by easy lessons in natural history. Only a small proportion of children evince so strong a tendency for what should be their life work, but the few that do show a drift toward any pursuit should be encouraged and helped. I have in mind a dear little fellow, who at three years loved every living thing, even to the extent of stowing angle worms in his pockets to play with, greatly to the horror of his too dainty mother, who frequently found them crawling about the house. Poor worms! they were as distressed as she, no doubt. The great pity of it is that she could not be made to see that the boy was good for anything because he did not like things she thought he should like. The consequence is that now at fourteen there has never been any attempt to educate him in the one great work for which he was fitted. He has his collection of birds' eggs, knows where every wild flower grows, knows the name of every forest tree, but does not like to go to school because he hates arithmetic and grammar. Of course he does; and what is more, the way public schools go, he will never get far enough in those books so that he can study natural history. That mother is to blame. Every mother is to blame,

who when she sees such a nature going to waste does not put her child on the right track.

This is a case of extreme aptitude in certain directions, and there need be no fear of difficulty in interesting children who show such striking preferences. The difficulty is with restless ones who are always "wanting something to do."

I, for one, fail to see the practical utility of kindergarten gifts. There is certainly no objection if the babies are amused, yet I think no mother need feel the mistake irreparable if her children have failed to receive for their early amusement the prescribed seven balls, made respectively of the seven primary colors. The object in view in finding playthings for babies is to amuse them, generally to keep them from crying, and the ball as a type of unity is more of an educator to the mother than to the child.

Give to the little babies a clothes pin, a rubber rattle, a bunch of keys or a kindergarten ball. All they need is to eat, grow, and be kept clear of stomach-ache and colic. But when we begin to see that they are thinking, when they get old enough to be partly "out of mamma's way," then it matters a great deal what they play with and how they play. The mother, tired with her various duties, often says that she would like to teach the children more if she had the time. This is not to be gainsaid in many cases; but there are hundreds of women who spend enough money yearly in pretty clothes for themselves and children that they would better spend in hiring extra work done, that they might *not* be too tired to give the necessary time and thought to their children.

It is a kindergarten theory that what the child is as a child, the boy will be as a boy, and the man as a man. I am not prepared to say that this rule has no exceptions, but in the natural order of things it commends itself to every thoughtful mother.

A great many good things may come up in a fallow field, but if we want a choice harvest, we look to the farmer who sows the best seed, and generally speaking, if we want a good boy, he is to be found with a mother who has imparted to him her own goodness. Now this is not always true; yet many times when we find a bad sort of a boy and say, "That's too bad, with such a good mother as he has," we are saying something we know nothing about. Ten to one the woman is a very good woman, but that does not imply that she is a good mother. There's a world of difference between a good woman and a good mother.

I once listened to a Free Methodist convert, who was relating her experience. She said: "I found, my friends, that this life isn't all a ruffling, and a tucking, and a puffing." How often since has that woman's face come before me. I see her index finger now; in fact, she was looking directly at me as she emphasized these words, "a tucking, and a ruffling, and a puffing." She had the right idea after all, and there are many other extras she might have put in her category. For the ten or fifteen years that the average mother has to give to little children, life should not be all canning fruit, entertaining company, going into society, or presiding at various organizations. She need not be a recluse, but she should not be a steam engine. There are women enough in the world to run the temperance societies, the relief corps and church work. It is the mother's province to train her children's minds, and with this end in view their companionship should be a constant pleasure.

The principle involved in self-government, the discipline of self-restraint, the doing of right because it is right, whether in work or play, all tend to the formation of character. Not that children will be little saints; but once inculcate these principles in the hearts of children, and a greater guard is thrown about them than will evolve from all the "Loyal Legions" in the temperance cause.

Children should have abundant material for amusement at home. Some tired mother who reads this may be led to exclaim, "This is all fine enough for rich people, but poor folks can't have everything they want." Now "having everything they want" spoils more little folks than anything else in the world. There are unknown possibilities in a load of lake sand, a funnel, some can covers for bake tins, a discarded gasoline oven, or an old box as a substitute. Let them have a spoon and everything else that mamma has when she cooks, and then when they are through, of course, if they "do as mamma does," they will take care of all these baking dishes. They will soon learn they must do this, although it is not at all likely they will like it at first. Then if children find they must put away all the things they delight in getting around, they will begin to see for themselves that it would be better to play with them long enough to pay them for their trouble. A dozen china dolls dressed as soldiers were an unfailing source of amusement to one little fellow. He played with them for years and did not give them up until he was so old the boys laughed at him. Soap bubbles are a cheap and

pretty amusement. Paper dolls, home-made ones, are full as satisfactory as the more expensive ones for sale at the stores. In fact, so far as amusements go, any mother can devise them if she thinks about the matter. Most children love to work, if they are approached in the right way. "Now, Bessie, come and wipe these dishes," is not the very best way to get the child to do the task willingly. Why not ask her if she will wipe the silver and put it all away nicely for mamma? Of course she will, and all the rest of the dishes too, even to the last tin basin, if she gets a little praise. The praise is deservedly given, too. A little girl told me this morning that mamma said she really couldn't do without her help, and at the same time that "grandpa said he guessed he couldn't run the farm if it wasn't for Freddie." Study to make work pleasant and easy for children, and it is surprising how much they can do. At the same time they are learning things that will help to make them good men and women.

Perhaps there are a great many old-fashioned ideas embodied in my remarks, but old-fashioned things are popular nowadays. Our public schools are good in their way, but the teachers are exceptional that endeavor to cultivate special gifts; indeed, they are so hedged in and crowded in their work that the most they can do is to follow the plans of their superintendent.

It is the mothers that must find what their little folks were born for, and their welfare and future success must be their most serious consideration. We give only a few years of our life to them. How essential it is in those years to lay a firm and secure foundation—a character that will keep them true to their life work.—*Floy L. Wright, Geneva, O.*

Cultivate the Art of Story-Telling.

—Among the many good thoughts for which I am indebted to BABYHOOD is one which appeared more than a year ago on the matter of the desire of children to hear the same story over and over again in a way so tiresome to older people. The writer referred to compared it to the pleasure which adults derive from the repetition of music, though they may be already perfectly familiar with every note of the piece to which they are listening. The idea impressed me strongly at the time, for I am fond of music and never tire of hearing certain favorites repeated, and I had had occasion just then to especially wonder what could possibly "possess" one of my children (a boy) that he should insist upon my telling him the same story three or four times that I had told him repeatedly within the past few weeks; but, comparing it to my own willingness to listen again and again to some overture, nocturne or sonata, I could understand not only the desire for repetition itself, but the evident anxiety that the incidents should be repeated in the same way, even to exact phrases, just as we wish to hear a familiar piece *correctly* played or sung, a false note jarring upon the ear.

The hint thus received soon developed further —into the idea that since story-telling proves such a never-ending source of entertainment to little folks, why not make a special study of it to acquire perfection in the art, just as much as in cooking, sewing, or any of the other needful details of the nursery régime? Indeed, perhaps, if a short time ago, when my Jennie begged me to tell her a story, I had not shrunk so from the task, saying no, and telling her to get on the rocking-horse instead, she would not have bequeathed me a good hour's work in repairing the dress she tore so badly in getting off. Perhaps, too, my little ones would not find so many occasions for petty quarrels if they were oftener listening to the stories that the oldest can repeat so well and so willingly if only she can get the necessary ammunition from me.

I have practiced a while on this theory, and am convinced that "it pays." I am only troubled by a lack of native genius. My resources for invention are limited, and although the astonishing tales I produce would not make even a third-rate fiction writer turn green with envy, they exhaust my powers, and I am compelled to fall back on books. This always disappoints the listeners, who much prefer the extempore plan.

So it has seemed to me worth while to make a decided effort, task though it be, to attain the art of either inventing stories or gathering from books the necessary material for them; and I think it may be a service to make the suggestion to others. For what a magic power over children does the fluent story-teller possess!

There are methods innumerable of constructing an interesting narrative, and it would be hard to say which are the best. But I have found that all children with whom I have had to do enjoy stories in which the fiction, though clearly recognizable, is only a clothing for fact; as, for instance, the history of a piece of iron, from the time it "hears" the approaching shovel and pick

of the miner, through its ride on the railroad to the foundry, to its meeting old companions when joined with them in the construction of a stove, a jack-knife, or some other familiar article in the room, etc., etc. A child understands perfectly well that the metal does not think, hear, speak, etc., yet, that except for these embellishments, the story is true. Imaginary conversations of birds, dogs, horses, etc., in their daily life and adventure, always interest. I know one little girl who was broken of a cruel habit of tormenting insects by a story of the courage and patience of a little "girl spider" whose web was repeatedly destroyed, and she rendered homeless and a cripple by the loss of a leg, and who never found peace until she grew up to be a "woman spider," and climbed into a high corner where she could not be discovered.

Many excellent hints in these lines may be had from Arabella Buckley's series "Fairy Land of Science," etc., and Julia McNair Wright's "Nature Readers." Stories of home adventure and sport may be drawn from real life by going back to our own childhood; in this I have found it better to begin: "There was once a little girl" —or boy—etc., rather than to tell the story in the first person. Fairy stories I have used with discrimination, using none with hobgoblin features, and only when a child is old enough to surely know that they are fiction.

A successful feature of telling a story may be its method of beginning. For instance, "That clock makes me think of the little boy who"—will excite more interest than "Now, children, I am going to tell you a story." Another element of success will be the effectual concealing of weariness on the part of the teller; there are ways of ending the entertainment better than "Now, I am too tired to go on any longer." If, as I am contending, the matter is worth some study as an accomplishment, we will bear in mind that we, as well as our listeners, are to be benefited, and we will appreciate the fact that few privileges are more worth possessing than the trustful companionship of little children, even if not our own, who gradually learn by this means to regard us as their best friends, and with whom we may exercise so great a power for future usefulness. We may not be Patrick Henrys or Whitefields to sway thousands, but we may in a small sphere so point morals and adorn tales as to accomplish equally great results in proportion to the size of our audience.—*Marian, San Francisco, Cal.*

Persistent Thumb-Sucking and its Cure.

—Having read in BABYHOOD about the experiences of different ones with their babies in curing them of thumb-sucking, I thought I would add our experience to the list. It may be a help to some one.

Our baby began to suck her thumb when seven months old. As she had been a very cross baby we were well content to leave her alone. When two years old we broke her of the habit in the daytime by talking to her, taking it out of her mouth, and once slapping her hands. She still continued it at night, being worse when a tooth was coming. When she was three years old, and her teeth were all through, we came to the conclusion she was too old to suck her thumb longer, and our physician and dentist said she was spoiling the shape of her mouth, getting a V-shaped jaw, the latter saying if she continued much longer her mouth would be spoiled for life, but if she stopped now the jaw would come all right with second set of teeth.

We decided flannel bags were the thing. The dentist said sew sand bags to them; but as Baby was a very restless child at night we felt that to pin her hands down would be cruel, unless we found we could not conquer her in any other way. For several days we talked to her seriously about sucking her thumb, and said she must be broken of the habit, as it was spoiling the shape of her mouth, and that we were going to put her hands in flannel bags and should keep them there every night until she stopped it. She fully understood that when we once began with the bags nothing would persuade us to take them off until the habit was broken.

We made the bags long and large enough so that they did not cramp her hands, and sewed them onto sleeves of her night-dress. When we put her to bed for her nap for the first time she cried, and begged for her thumbs, said she wanted to go to sleep, etc.; but when we went to her and asked her "what she wanted," said, "I want the room made darker," would not own up she wanted her thumb, kept it up for an hour, then took her nap. At night, towards 4 A.M. was always her worst time. For an hour she kicked both hands and feet as hard as she could, without saying anything. She never made any fuss after that. She wore the bags a month, when one night we made the mistake of putting on a night-dress without bags. She called our attention to it. We asked her "did you not want to go to bed without them?" She replied "No! I am afraid

your little girlie will suck her thumb." We kept them on another month, when we discarded them. We had no trouble for three months; then she had an attack of indigestion, and for two nights we found her thumb in her mouth. We again put on the bags, kept them on for ten days, when she begged so hard to have them taken off that we left them off and she has not again troubled us.

We consider we have had an easy time breaking her of the habit, as she is a very persistent little girl. We think the bags so much nicer than tying up in rags or putting on better things. —*Patience.*

Experiences in Feeding.

—According to our most eminent specialists artificial feeding requires very careful study in detail. If digestion be feeble or a child is bottle-fed from the beginning, great difficulty must be expected and most skillful handling is necessary. To insure success in hand-feeding it must be remembered that an infant is not nourished alone by the food he swallows, but by that portion of it that he digests and assimilates. The best diet, therefore, is one so adapted to age and digestive power that everything eaten will be digested and absorbed. The advantages of sterilization are pretty generally conceded. The method of preparation of sterilized milk for an infant's use is just as important as its sterilization. Every mother should know that cow's milk is too rich in caseine, which is the cheesy, indigestible element that causes unsterilized milk to curd in solid balls and brings on indigestion. Sterilized milk never curds in lumps, but, like breast milk, forms in small soft flakes.

The dilution of milk is, therefore, absolutely necessary to overcome this excess of caseine. The best diluent for general use is barley water. To make it, thoroughly cleanse four teaspoonfuls of barley, pour over it a quart of water and boil to two-thirds the quantity. Strain and keep in a cool place ready for use. This should be made fresh every day.

In cases where constipation has to be contended with oatmeal water should be used instead of barley water. Take a tablespoonful of oatmeal porridge to a quart of cool water, heat and boil, stirring all the time, strain and keep in a cool place. In cases of severe constipation it is best to use oatmeal water entirely as the necessary diluent until the trouble is partly overcome; then discontinue, gradually alternating with barley water until you eventually get back to the entire use again of the barley water.

The next point to remember is to add a pinch of salt to every portion of milk given to the child. Until the child is six months old, use sugar of milk to sweeten every bottle of milk; after that begin with Mellin's Food for the day bottles and sugar of milk at night. It is impossible to give a formula that will exactly agree with every case, needing no change from time to time, as children differ greatly in constitution and digestion. An illness intervenes and causes changes in the diet. Then it is that a mother's intelligence is needed. She must watch carefully for the least sign of indigestion and endeavor to correct it, and if not able to overcome it herself, she should instantly seek the advice of a physician.

The increase in food should be rapidly made during the first six or eight weeks, as according to Frowlowsky's investigations the stomach increases rapidly in capacity during this time. Then hold to the same quantity up to the fifth or sixth month, when the increase in capacity is slight. Another considerable increase is necessary between the sixth and tenth months. The following table (Rotch's) is useful, and is a general guide for feeding:

Age.	Intervals of feeding.	Average amount at each feeding.	Average amount in 24 hours.
First week	2 hours.	1 oz.	10 oz.
One to six weeks..	2½ "	1½ to 2 "	12 to 16 "
Six to 12 weeks and possibly to fifth or sixth month...	3 "	3 to 4 "	18 to 24 "
At six months.....	3 "	6 "	36 "
At ten months....	3 "	8 "	40 "

As the object in preparing cow's milk is to make it resemble human milk as much as possible, and as it is deficient in fat, the necessary dilution making it more so, it is required that a portion of cream be added to every feeding. This should be done before sterilization. If the Kingwood milk is used it is not necessary to add cream, as it contains sufficient fat. If not using this, begin with two teaspoonfuls of cream to one tablespoonful of milk, adding a quarter of a teaspoonful of milk sugar, two tablespoonfuls of barley water and a pinch of salt for one portion, to be given every two hours from 5 A.M. to 11 P.M., amounting to 17 fluid ounces per day, for a child two to six weeks old. Increase the milk and barley water each to two and a half tablespoonfuls and the

milk sugar to half a teaspoonful, and the cream to one tablespoonful from the sixth week to the end of the second month. After this use only one tablespoonful of cream and one teaspoonful of milk sugar to each portion, no matter how rapidly the milk or water is increased. This must be done in proportion to the demand for increase. From the third to the sixth month five tablespoonfuls of milk and two tablespoonfuls barley water, with the interval increased to two and a half hours, will suffice. During the sixth month give six meals per day, using Mellin's Food in the 10 o'clock A.M. and 2 o'clock P.M. bottles—one teaspoonful dissolved in hot water and added to the milk and cream. Use milk sugar in the other bottles. Increase the Mellin's Food to two teaspoonfuls during the seventh month and give three times daily, at 10.30, 2 P.M. and 6 P.M., using milk sugar in the 7 A.M. and 10 P.M. bottles. Throughout the eighth and ninth months five meals a day are sufficient. Milk, thirteen tablespoonfuls, cream one tablespoonful, milk sugar one teaspoonful, barley water three tablespoonfuls and a pinch of salt, for the first meal at 7 A.M. and the last at 10 P.M. For the intervening bottles at 10.30, 2 and 6, use a tablespoonful of Mellin's Food in place of milk sugar.

After eleven months, if a child is thriving, variations can be made in the diet by adding the yolk of a lightly boiled egg with stale bread crumbs for breakfast, between the morning and 10.30 bottles; a little chicken, beef or mutton broth, with junket or rice pudding, can be given for dinner instead of the 2 o'clock bottle of milk. This can be continued until eighteen months, increasing the portions of milk as the child needs more.

Strained oatmeal porridge, strained through a piece of mosquito netting, is advisable at this age for breakfast. The egg should be given but twice a week; the other mornings use oatmeal or one of the wheat preparations, remembering, however, that the latter are generally constipating. From eighteen months to the end of two and a half years four meals only will be necessary; during this period further additions can be made as follows: Underdone mutton pounded to a paste, one tablespoonful with bread and butter, and a saucer of junket, or a mashed baked potato moistened with good plain dish gravy can be given instead of broths. A little milk toast can also be occasionally given for supper with a teacupful of milk. In cases of illness or enfeebled digestion, return to the milk or milk with Mellin's Food, or peptonize the food used, as this can easily be done by using Fairchild's Peptogenic Milk Powder.

If the use of oatmeal water does not overcome constipation try rubbing the abdomen, night and morning, for about ten minutes with pure sweet oil. It is frequently the simplest and most efficacious remedy that can be used. The above schedule is for the average child, and can be varied to suit individual cases by any intelligent mother, and at any time the return can be made temporarily to an entire milk diet, until slight ailments have vanished.

I would also advise the continued use of the bottle for all milk preparations, as it insures slow feeding and consequently better digestion.—*Louise E. Hogan, Philadelphia.*

The Unnatural Craving for Sweets.

—I wish to add my testimony to the article entitled "Sweets" by Alice F. Carter, in the October number. I have always been as anxious to avoid the giving of sweet things as most mothers are to give them, and I attribute the sound digestions and fine teeth of my flock as much to the absence of sweets as to the watchful care bestowed upon them.

I think that climate and the food the climate necessitates have much to do with the craving for sweet things. In California, for instance, there is so much fruit that one has it on the table and between meals, if wanted, and does not think of the pudding, pie or cake. In the East the nine months in which there is practically no fruit except for a favored few, there is a desire for some dainty, and we have all kinds of made dishes, and the candy stores do a flourishing business. The result is seen in the sallow faces of many children, especially those of smaller towns, and in the almost universal use of false teeth. Coming from California to the East was like coming into a huge dentist's advertisement to me, for it seemed as though two-thirds of the people used artificial teeth. Then I could not account for it; but my observation has been that young and old indulge too freely in food too much sweetened. I also observe that one craves food of this kind more in a climate where one is closely housed, but why I can't see, unless one unconsciously follows the examples about him, and thus creates a habit; and one finds valuable time wasted, good fruit cooked, and a baked mother in most of the average homes. I think that the house-mother would save money, time, teeth and health by fruit des-

serts, and be doing a noble act to forbid sugar on oatmeal, syrup on cakes, and preserves by the saucerful in all families where there are children. —*Mary Hedley Scudder, Norwich, N. Y.*

Innocent Irreverence.

—The following items, for which I can vouch, illustrate my statements in the August number of BABYHOOD concerning the futility of attempting to teach very young children any formal religious precepts.

Dorothy, aged two years and ten months, is being taught her prayers by her grandmother. "Now I lay me down to sleep," says grandma. "Where shall I lay me, grandma?" answers Dorothy, looking as though she would choose between the bed, the lounge or the floor, the latter being her favorite place for lying down.

A little boy of four years has been taught to say his prayers, but, as most children will, suddenly becomes obstinate and will not say them as usual. His mother insists, and says: "Now you repeat after me, George—'Now I lay me.'"

"Now—I—lay—me," slowly from George.

"'Down'—you know the rest," continues his mother.

"'Down went McGinty,'" responds George. —*Wm. E. Leonard, M.D., Minneapolis, Minn.*

NURSERY PROBLEMS.

Dropping Prepared Foods; Cereal Foods; Regularity of Movements; Indorsement of Advertisers.

To the Editor of BABYHOOD:

My boy is fourteen months old, strong and well, with eight teeth, which he has had for three months. At present he takes from two and a half to three pints of milk a day with four tablespoonfuls of Mellin's Food. He lives almost entirely outdoors.

(1) When will it be safe to give him unsterilized milk, and to leave out the food?

(2) Are oatmeal and the various forms of wheat (cracked and rolled, and wheat germ), prepared in the usual way as a breakfast dish, suitable for a child of eighteen months?

(3) Is there any way to regulate a child's bowels in regard to the *time* of the movement? Baby's bowels move each day, sometimes more than once, but never at the same time of day. Once it will be in the morning, again in the evening, or in the night.

(4) I would also like to ask if it should be considered a recommendation for an article that it is advertised in BABYHOOD?

Allston, Mass. BABYHOOD'S FRIEND.

(1) Now, in all probability.

(2) A child of average digestive power at that age cannot manage these in the coarse form used by adults. The finer forms, or a gruel made by boiling some of this kind of porridge with milk, will generally be better.

(3) Only by soliciting the movement by placing the child upon his chair at a regular time and leaving him there for half an hour or more.

(4) There is no relation intended, or, as far as we understand, expected by advertisers between the editorial and advertising columns. BABYHOOD would not accept an advertisement of an article which it knew or thought to be harmful. But it cannot, on the other hand, pretend to indorse the claims of every advertiser.

Sleeping on the Stomach; "Bone Producing" Food.

Our baby boy of three and a half months has always slept on his stomach, with face turned to one side and with both arms over his head.

It seemed to be natural to him. His father has always slept so, and from time of birth he would awaken immediately when left on his side.

The question has recently come up whether he can breathe properly while sleeping so, and if his lungs expand as they should. It has also been suggested that sleeping in this position is conducive to round shoulders. He nurses, with the exception of twice a day, when we give him condensed milk, which seems to agree with him perfectly. He is a small baby, plump, but with small bones. As both of his parents have slender frames we think it only natural that he should have, but wonder if there is not some food especially adapted to producing bones.

(1) Do you know of any objection to his sleep-

ing in the position described? If so, how would you advise breaking him of the habit?

(2) Can you recommend any food to be given either with or in place of the condensed milk as a bone producer? C. S. Y.

New York City.

(1) No. Inasmuch as the great majority of quadrupeds sleep on the side and stomach, we conclude that it cannot be harmful, and we know of no anatomical reason why it should be if the head be supported in such a position as to leave the face and neck free.

(2) No food is, in our judgment, a "bone producer" except as all properly constituted food that is easily digested is. Foods may be deficient in salts or in nutritive matter, and do not form bone in the same sense that they do not form flesh or blood. But good nutritious food will meet all the demands. We have so constantly expressed our ideas about condensed milk as compared with uncondensed that we need not repeat.

Food at Eight Months.

To the Editor of BABYHOOD:

I have been taking your magazine since the arrival of my baby girl and have found it so valuable that I have advised a number of my friends to take it. Will you give me a little advice in regard to food? I have nursed my baby, never having to give her anything but breast milk. She is now eight months old and I nurse her every three hours. She has never been ill. Is it necessary now to feed her? If so, what do you advise?

Denver, Col. A YOUNG MOTHER.

If you have abundance of breast milk it is not necessary to feed. If not, begin by feeding once a day and increase the frequency of feeding as requisite. Give milk diluted with water or barley water.

Changing from Lacto-Preparata to Cow's Milk.

To the Editor of BABYHOOD:

Will you be kind enough to advise me about feeding my baby? She is now seven months old and had nothing but breast milk up to four months, but has had since then two bottles of Lacto-Preparata extra in the twenty-four hours. She has been perfectly well and strong, with the exception of a little constipation at times, but shows no signs of teething yet. I am anxious to put her on sterilized cow's milk soon and would like to know the proportions of milk, cream and water you think desirable at her age, and also if you would approve of strained oatmeal gruel, instead of the cream.

Columbus, O. AN ANXIOUS MOTHER.

If the Lacto-Preparata agrees now we do not see any reason why you may not continue it for a while yet; but if you prefer to go to cow's milk and oatmeal you can safely do so, and at the age of weaning cream preparations are not necessary as a rule. If you have your own cow, and can control your own dairy, we do not know that it is necessary to sterilize the milk.

The Preparation of Barley-Water.

To the Editor of BABYHOOD:

I want to ask your advice about the kind of food to give my baby, who is now ten months and a half old. For the first eight months of his life he was troubled with constipation, and I was obliged to give him an enema nearly every day, but since that time I have not had to resort to this means more than two or three times. He seems well and is the personification of good nature. I shall not wean him for another month or two yet, but would like to know whether you would advise sterilized milk or the top-milk plan. If the latter, will you kindly give directions how to prepare the same, also how to prepare barley-water to be used with sterilized milk? I must depend upon a milkman for the milk, and thought on that account the sterilized would be better than the top-milk. My baby retires at about half-past seven and does not nurse more than once between that time and five o'clock the next morning, and sometimes does not waken between those hours. I nurse him every three hours during the day. He weighs 22 pounds and has four teeth.

How much milk, or milk and barley-water, should he take in twenty-four hours?

Elizabeth, N. J. F. A. W.

For a child of a year it is not necessary to prepare milk as for a young infant. Milk diluted with barley-water will do well enough. The milk may be sterilized if there is any doubt of its perfect purity and sweetness or if there is doubt as to its keeping.

A good receipt for barley-water is this:

Three tablespoonfuls of pearl barley.
Three cupfuls of boiling water.
Just enough salt to take off the "flat" taste.

Pick over and wash the barley carefully. Cover with cold water and soak four hours. Put the boiling water into a farina kettle, stir in the barley without draining, and cook, covered, for an hour and a half. Strain through coarse muslin, salt and sweeten slightly, and give when it is cool enough to be drunk with comfort. He will take, if he has an average appetite, three pints of milk and barley-water at a year old and will probably take more soon. The mixture at the very beginning may be half-and-half, but presently gradually increase the proportion of milk.

Age for Weaning; First Food; Learning to Drink Milk.

To the Editor of BABYHOOD:

My baby boy is eight months old. He seems perfectly healthy, with the exception of being constipated, though that trouble appears to be disappearing gradually. I have nursed him entirely, and thought of doing so until he was a year old.

(1) Would it be better to wean him at nine or at twelve months?

(2) With what would it be best to feed him? I

thought of using sterilized milk, but do not know how much to give him nor how much to dilute it, nor whether to put in lime-water.

(3) Would it be better to teach him to use a bottle or drink from a cup? He drinks water from a cup very well now.

(4) How soon before weaning him entirely would it be best to give him cow's milk to get him accustomed to it, and is every four hours often enough to nurse or feed him?

Augusta, Me. A GRATEFUL MOTHER.

(1) If you have plenty of milk of good quality you may nurse him until twelve months. If not, you may wean at nine months, or at any time thereafter.

(2) At twelve months he will probably do well on diluted milk, beginning with half water and strengthening the mixture very soon if it agrees with him. The lime-water would be useful but not necessarily called for.

(3) To drink from a cup.

(4) A month probably will give him sufficient preliminary training. Four hours will probably be often enough to feed him if he takes full meals. If not, he will need food rather more frequently.

Excess of Abdominal Fat.

To the Editor of BABYHOOD:

Is there any safe and practical way of removing superfluous fat from the abdomen? The nurses here never bandage after labor. Would that account for it? Immediately after the birth of each of my two children, there has seemed to be no adipose tissue there at all. Before I am out of bed, however, it has begun to be deposited all over the surface of the abdomen, and, alas! it continues to come. My general health is good. I take much out-door exercise, my diet is mainly meat and fruits, as I do not care for sweets or starchy foods of any kind, but the melancholy fact remains and I fear will increase—28 inches waist, 48 inches hip! I know this question has nothing whatever to do with the care of babies, but as it seems to be caused in some indirect way by them, I take the liberty of coming to you for help. B.

Tennessee.

The excess of abdominal fat after delivery is not dependent upon the absence of the bandage. We have often seen it occur just the same with the bandage. The peculiarity is in part constitutional. For its relief, diet will do something, kinds of food and amount of liquid both being considered. But during lactation, a good deal of liquid may be needed. Further, we believe that systematic muscular exercise of the abdominal wall is useful, in that much of the protuberance of the abdomen is due not to the fat but to the laxness of the muscles. We have knowledge of instances in which during a course of exercise several inches were lost in girth while no weight was lost. There are several works devoted to muscular exercises. We can especially recommend "A Natural Method of Physical Training," published by William C. Bryant Co., Brooklyn, N. Y. The price is $1.50. Even if girth be not reduced, the muscular gain enables one to be more active.

Weight and Food at Eleven Months; Granulated Wheat in England.

To the Editor of BABYHOOD:

Since your magazine first came to my notice some months ago, my cares materially as well as mentally have been lightened by following out its valuable suggestions for my little one's health. Will you be so good as to give me advice on one or two matters concerning Baby? He is just fourteen months old and weighs 25 pounds.

(1) Is this sufficient weight for his age? Until eight months old he was very delicate, but since then seems strong, except in muscular power. He can pull himself up to a sitting posture, or roll over and over on the floor, but neither creeps nor stands. His food consists of 1 quart milk daily and 2 tablespoonfuls Ridge's Food, with an egg for dinner. He has only five teeth through, but is cutting three more. Lately he has quite lost his appetite for all the solid food, but will drink as much as allowed.

(2) Will it be enough nourishment if he takes only milk till his appetite returns, or should medical opinion be consulted? He sleeps very well, rarely waking from 6 P.M. till 6 A.M.

(3) Do you think I could have the granulated wheat mentioned by a July correspondent, as prepared by Dr. Johnson, sent to me in England, or do you know of any equally good food for a breakfast meal for my little girl two years old, who refuses to touch bread and milk?

Norwich, Eng. AN AMERICAN MOTHER.

(1) Twenty-five pounds is sufficient weight for fourteen months of age, not far from the average.

(2) The milk will be quite enough in all probability. He has had the egg considerably earlier than we think is judicious for most infants of his age.

(3) The granulated wheat could undoubtedly be sent you by the American manufacturers, but the preparation known in England as Frame Food is probably nearly akin to granulated wheat.

The Preparation of Lime-Water; Short Clothes.

To the Editor of BABYHOOD:

(1) Please tell me how to prepare lime-water. I have been told to take a piece (size of an egg) of unslaked lime, and after slaking with a small amount of water, to pour on gradually two quarts. When I have strained off this water, can I add more water to the lime indefinitely?

(2) When a baby goes into "short clothes," how short is meant—to the ankles, or where? I know very little about babies, and there are none where I live now, so I cannot compare notes.

(3) How is milk prepared for a five or six months old baby? F. W.

(1) Your plan will do if you throw away the

slaking water. Here are the directions of the "United States Pharmacopœia":

"Slake the lime by the gradual addition of 6 parts of water, then add 30 parts of water and stir occasionally during half an hour. Allow the mixture to settle, decant the liquid and throw it away. Then add to the residue 300 parts of distilled water, stir well, wait a short time for the coarser particles to subside, and pour the liquid, holding the undissolved lime in suspension, into a glass-stoppered bottle. Pour off the clear liquid when wanted for use."

By this method a single ounce of lime will make 300 fluid ounces (9 quarts) of lime-water. As the lime is very sparingly soluble, there is no objection after the slaking water is thrown away to allowing the water to stand on the lime and renewing it as required several times. Boiled water, rain water, well water or city water, if not too hard, will do very well.

(2) Short clothes are usually about to the ankles.

(3) The question is very indefinite. If you mean how much diluent is to be added to milk for a child who has only diluted milk for dietary, we should say that half-and-half milk and barley-water would be an average mixture, the milk strength to be gradually increased. But this is not an ideal diet.

The Diet of a Constipated Child; Remedy for a Rash; The Danger of Rupture from Crying.

To the Editor of BABYHOOD:

I shall be very much obliged if you will answer a few questions about my baby. He is seven and a half months old, has no teeth yet, has always suffered more or less with constipation, and has had for the past month an irritatiug rash across the loins and thighs. Otherwise he is perfectly healthy and strong.

I feed him seven times in the twenty-four hours. He has a bottle full of milk and barley-water in the proportion of three parts of milk to one of barley-water, which is made of a tablespoonful of pearl barley boiled in a quart of water.

(1) Is he fed too often?

(2) How long will the plain milk and barley-water be sufficient for him?

(3) When I change, what food would you recommend me to feed him with?

(4) Would a little broth be good f r him instead of the milk once a day?

(5) Can I do anything for the rash? It makes him restless at night.

(6) I have a great trouble to get him to bed and to sleep at the proper time. Is there any danger of his rupturing himself if I let him scream himself to sleep? H.

Clapham, London, S. W.

(1) Probably six feedings would do quite as well and give you a longer rest at night, taking some such schedule as this: 7, 10 A.M.; 1, 4, 7 and 11 P.M.

(2) Food as strong as you are mixing will, assuming good milk, be enough for an average child until he is fifteen months old.

(3) Gradually enlarge dietary with bread crusts and beef juice, thin porridge of various kinds, especially oatmeal, then bread and butter. These things, with undiluted milk, will easily take him to the end of his second year, when eggs may be added.

(4) The broth seems unnecessary now, but may be given by the time he is a year old—meaning simple broth with barley or rice. Until he has teeth it is useless and usually harmful to give anything requiring chewing.

(5) Probably sponging the irritated parts with an alkaline solution, such as a large pinch of bicarbonate of soda in a basin of warm water, will relieve the itching. The ointment of oxide of zinc, procurable at any pharmacy, will be a soothing application after the bathing.

(6) Ordinarily there is no danger, as probably rupture occurs chiefly in those predisposed to it by peculiarities of structure. But as this predisposition cannot be foreseen, it is wiser not to take too great a risk in this direction.

The Weight of a Two-Year-Old; A Good Dietary.

To the Editor of BABYHOOD:

I have studied BABYHOOD for five years and come again for advice concerning the food for my little girl, who will be two years old the 2d of December. She weighs 27 pounds, is 33 inches tall and has thirteen teeth, five of which have been cut this summer with no sickness, which fact I think is due to her having been fed until nineteen months entirely on sterilized milk. I give her four meals daily, consisting of oatmeal mush, with milk, for breakfast; for lunch crackers broken in milk; for dinner: soft boiled egg, rice, cornstarch or Rex wheat; for supper: bread and milk. She will not drink milk, so all her food is prepared with it. I want your advice, for though her digestion is good, her bowels are constipated and her flesh does not seem hard. Now, will you tell me:

(1) Is her weight sufficient for her height? and

(2) What can I give her to eat? Is she getting too much cereal food?

I should also like to know what to do for my baby boy, aged nearly seven months. He is partly nursed and gets two bottles daily of 4 ounces of rich cow's milk diluted with 2½ ounces of spring water (we live where I know both are pure, else I should sterilize it). I shall soon wean him altogether, as my strength is failing now.

(3) Shall I continue the present food or buy Peptogenic Milk Powder and prepare it?

(4) He weighs 20 pounds. Is that good weight?

Moore, Del. Co., Pa. L. A. H.

(1) She is of good height, perhaps rather light for that height and age, but of that we are not

sure. Much depends upon family peculiarities in this. There are no existing statistics, so far as we know, for children above one year of age and under five which are extensive enough to be a guide. Concerning babies and school children there are extended statistics.

(2) The diet seems to us very good. It may be during the coming year slightly enlarged.

(3) We see no reason for change.

(4) The weight is excellent.

The Intervals of Feeding for a Wakeful Baby.

To the Editor of BABYHOOD:

My little girl is just seven months old, weighs 20 pounds, is tall and not too fat, has one tooth and another just visible, and has always been quite well, but does not sleep as much as she ought. She takes five bottles of milk per day sterilized with one-fourth barley-water. Each bottle contains 7 ounces. She has had them every three hours, but now seems to wish to lengthen the interval. She will wake every two or three hours during the night, and I then nurse her, which I believe is wrong, according to BABYHOOD, but I do not want to wean her until she has cut four teeth. I think the wakefulness must be inherited, as her father is a sailor and I have been for years obliged to wait on an invalid mother at night. Miss Baby will wake at 3 A.M. and play until 4 or 5 in spite of nursing, dancing and riding in her coach.

(1) How soon should I change the interval between meals to four hours?

(2) Can you suggest a remedy for the wakefulness?

(3) Is her weight good?

(4) Are her meals too large? She never vomits her food. P.

Oakland, Cal.

(1) There is no need to lengthen the interval at present, if we are right in supposing that she is not nursed during the day in addition to the bottle. After she is weaned, you can break up the objectionable night habits perhaps. Then, if she persists in her 3 o'clock performances, you can begin your day's reckoning from that hour, feeding say at 3, 7 and 11 A.M., 3 and 7 P.M., with a possible 11 P.M. meal if she wakes. If she reforms her sleeping habits, the day may begin later and the meals probably be 7, 11, 3, 7 and 11, or something like that, and a long night's sleep to follow.

(2) We cannot, so long as she is on the breast, and it is a difficult matter at best.

(3) Yes.

(4) Probably not, if the stools have no curds. But the meals need not be increased for some time.

Cereals at Weaning Time.

To the Editor of BABYHOOD:

As a subscriber to your magazine I would like to ask a few questions about my baby. She is thirteen months old, weighed 9½ pounds at birth, was nursed entirely until nearly a year old. Has never been sick a day, bowels in perfect condition. She now has four meals a day; three of granum, the other of milk toast, with milk to drink. Crackers and the cereals she cares very little for. Has six teeth, all cut without trouble between eight and ten months. Walks almost entirely. When she was cutting so many teeth at once I was advised to give her the corner of a handkerchief, wet in cold water, to bite on, besides a drink of water to cool her gums. It was a great help and would often soothe and put her to sleep; but it has become a habit, and now she will not go to sleep without it. I take it away as soon as she is asleep, and she sleeps all night.

(1) Shall I change her diet; if so, what shall it be?

(2) Will persevering create a liking for the cereals or should more solid food be given?

(3) How can I break her of the habit of sucking a handkerchief to go to sleep?

(4) Is she backward with her teeth; if so, is she liable to have trouble cutting the next?

A YOUNG MOTHER.

(1) If she is doing well, she needs no change at present. If she can digest milk toast at her age, and without chewing teeth, she is doing remarkably well. The next move we should suggest would be toward getting those elements found in cereals which are not found in bolted flour. Therefore

(2) We should persevere in the trial of cereals. She has been hitherto too young for anything but gruels. But we think that by trying a great variety of the cereal preparations you may hit upon something acceptable. For the present they will have to be in some thin form with milk. Bread made of unbolted wheat flour with butter may be acceptable, and will probably be as digestible as milk toast.

(3) Only by patience. A few nights of struggle would probably do it. But, as the water is not harmful, it is not a matter to worry about.

(4) Rather so, but not extraordinarily. We do not know any way of judging how much the cutting of the next teeth will disturb her. If she is to a trained eye in perfect health, there is no reason why she should have trouble.

The Gertrude Suit; Winter Outings.

To the Editor of BABYHOOD:

There have been so many articles in BABYHOOD on "The Gertrude Suit" that I feel almost ashamed to add another to the list; but in studying the matter I have become so perplexed that BABYHOOD only can straighten my tangles. I wish to ask

(1) If BABYHOOD advises a band of soft Jaeger flannel to be worn for warmth and not for support, during the first year of the baby's life.

(2) In the Gertrude suit is there not a great deal of trouble experienced from the clothes becoming wet or soiled and perhaps necessitating a change of the entire suit several times a day? Would it be better to wear a short shirt next the infant's skin,

thus preventing any chill that might occur from the complete change of the suit, or could the Gertrude shirt be so made that the skirt of the shirt could be changed without removing the body of the shirt?

(3) Does BABYHOOD advise the use of heavy or light weight Jaeger flannel for the shirt of an expected February baby, the skirt being the ordinary weight flannel? Is not the Jaeger flannel preferable for the shirt and nightdress to any other material, such as canton flannel or the material known as "domett"?

(4) How many Gertrude suits are considered necessary for a layette?

(5) Would the shirt of Jaeger flannel be sufficient covering for nightwear?

(6) Does BABYHOOD advocate the idea of keeping a winter baby in the house for the first four or five months of its existence? X.

Philadelphia.

(1) The band of Jaeger or other flannel is worn for support only, during the early weeks of infant life, or while the abdominal organs are adjusting themselves to the proper performance of their functions. For warmth the wearing of the band may be indefinitely prolonged, and many children of three and four years use them. After the first month, BABYHOOD likes the machine knitted band quite as well as the flannel, and it has the advantage of having elastic shoulder straps to help to keep the band in place.

(2) Among the many words of praise that have been spoken about the Gertrude garments, there has scarcely been a complaint of inconvenience in managing them in regard to soil or wet. Every baby should have two napkins. While the clothes are long, the inner napkin should be folded shawl-shape—as is customary—and besides being pinned with a large safety pin where the three corners come together, should be secured on each thigh, where the napkin laps over, by a small safety pin; thus forming a kind of diaper drawers. By slipping the fingers between the thigh and the napkin, these edges can be drawn snugly together without making them too tight when the hand is removed, and much wetting and soiling of the clothing can be prevented by this simple device. The second napkin on a baby in long clothes should merely be folded once, wrapped around the body and fastened, and allowed to hang like a barrow coat between the body and the flannel. This also saves many unnecessary stains. Doubtless the first Gertrude garment could be cut in two, and the skirt be attached by very thin flat buttons to the waist portion, making sure to bring the lapping where it would not be likely to irritate the baby's skin. But we believe this to be a needless precaution, if the above method of diapering be followed. With the Gertrude suit, the process of dressing and undressing is so easy and rapid that a baby ought not to be chilled in a room sufficiently warm to make the change in at all. Of course, a very thin cashmere shirt can easily be worn under the Gertrude suit if desired; but we do not consider it necessary.

(3) BABYHOOD always prefers the light weights of all materials for infant's wear. Jaeger flannel is certainly preferable to canton flannel or "domett" for the shirt and nightdress; but we do not consider it superior to a nice grade of all-wool flannel for the shirt, or to a very good and fine grade of cotton-and-wool flannel (at about 55 cents a yard) for the nightdress. Even with careful washing, the Jaeger flannels full a good deal, and, with indifferent laundrying, soon become so thick as to be unsuitable for baby wear.

(4) Where quick returns from the laundry may be had, three suits of Gertrude garments are a comfortable number; but where washing may be or must be delayed, more are necessary.

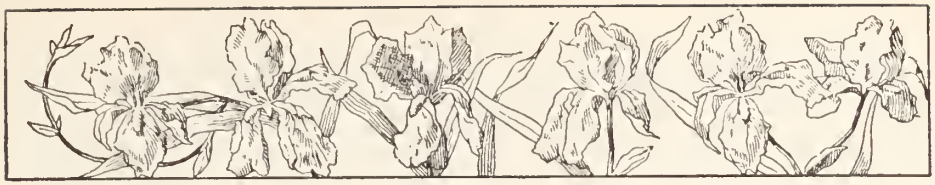
(5) It is desirable that a regular nightdress of flannel be worn—at least until warm weather—over the Gertrude shirt; and the nightdress should be long enough and full enough to button the hem together like a bag. This will keep the little legs and feet warm, at any rate, however the bed clothing becomes disarranged.

(6) It depends altogether upon the particular season, the temperature, the condition of the house as to light, pure air, temperature, etc., the state of the streets as to filth, etc. If the nursery is sunny, sweet, well elevated from the ground, and all that it should be or can be, we should prefer it to the ordinary air of a street in which snow is melting or the gutters are damp or untidy, or to a street in which foul dust comes with every gust, and is particularly abundant at the corners where the nursegirl loves to linger. If Philadelphia keeps up its ancient repute for tidy streets, this picture does not fit. We have no objection to a child's going out in good air when it can be kept really warm.

Condensed Replies to Various Letters.

A Subscriber, Stockton, Cal.—We do not like any stock cough syrups. Individual cases call for particular care. If you will refer to our recent article on "The Family Medicine Chest," you will find some suggestions concerning extemporaneous mixtures.

A New Subscriber, New Smyrna, Fla.—It seems probable that the child's condition is largely due to the malarial trouble. The food you are giving is usually not a constipating one, and we do not think, on the facts stated, that there is any object in making a change.



CURRENT TOPICS.

The Manners of Teachers.

It is agreed on all sides that children should be taught to be polite. This the "average teacher" assents to when the subject of manners presents itself. But how about the teacher's manners? That is a point to be considered. George Washington, when asked why he touched his hat to his negro servant, replied, "I cannot allow a servant to outdo me in courtesy." It is a recognized rule of that merely conventional politeness that governs the behavior of all well-bred people—however superficial—that the more refined courtesy is to be expected from a superior to an inferior, rather than the reverse. How much more should this feeling be prompted by that spirit of Christian forbearance that underlies the ethical side of good manners. A teacher occupying a higher position and having greater opportunities, must feel called upon to excel in politeness toward pupils. No one agency can do more toward evoking that spirit in them. It is not sufficient for him to feel polite, he must act polite. —*School Journal.*

Juvenile Smoking.

Excellent common sense on the whole directed the proceedings at a conference recently held in the Town Hall, Manchester, to consider the expediency of arresting the prevalence of juvenile smoking. According to the medical officer of health for the city, this habit is practiced by 80 per cent. of the Lancashire boys, and his rough calculation may not be very far from an accurate statement of facts. Any one, or rather every one, who daily meets with that presumptuous atom of manhood, the boy cigarette-smoker, must have been astonished at the general distribution of the prodigy.

Equal, if not greater, is the surprise excited by his diminutive size and exceedingly tender age. Some years ago it was the boy of twelve, fourteen or sixteen that opened our eyes. Now it is the six or eight year old, the literal infant who prolongs his still recent privilege of suction in a fashion undoubtedly hurtful by perverting at a critical period the sensitive processes of nervous action and nutritive change. The Manchester conference discussed various possible correctives of this mischievous practice. Among these we may mention education of a homiletic character, to be carried out in board schools. Another and more practical suggestion advised ministers and teachers to set the example of abstinence in their own persons. As a last resource, it was proposed that the aid of the law—restricting, as in Germany, the right to use tobacco to persons over sixteen years of age—should be called in to strengthen the gentler measures already referred to. As regards the wisdom of this latter step there would seem to be some question. We are not of those who favor the unnecessary multiplication of petty laws. There is in cases of the kind in question no power which, in our opinion, is either so natural, so safe, or so effectual as that of judicious home training, and we are not hopeless of yet seeing its influence applied far more widely than at present.—*London Lancet.*

Cleanliness.

Not many years ago European civilization was in an optimistic phase, and the people went about saying that, what with railways, steamers, and telegraphs, we might thank heaven that we were born in the nineteenth century. Satiety, disillusion, and the increase of the population have thrown a gloom over these old and happy notions. Thoughtful people wish to know if we are really better than our ancestors. One positive fact is ascertained—we are certainly cleaner. It is difficult to say that anybody can be too clean, but it is easy to understand that a man can clean himself in the wrong way. Dr. M. Ricketts has discovered a skin affection almost peculiar to women who wash and powder too frequently. There is redness, with scaliness and considerable burning. Exposure to draughts increases the symptoms. At times there is pain, causing loss of sleep. The zeal of some American ladies in the practice of the virtue which is next to godliness is marvelous. One is said to have confessed to having applied a

well-known cosmetic powder thirteen times in twelve hours, each time after the face had been thoroughly washed with a yet more famous soap. Dr. Ricketts prefers good pure olive oil from the south of France, applied two or three times a day with some soft silk or linen fabric, to the blandest soap. We feel no surprise at the above information as to the evil effects of too much soap. There is such a thing as using too much water, especially if cold or very hot.—*British Medical Journal.*

Tolstoi's Doctrine of Non-Resistance as Applied to Children.

How many, comparatively, small faults in children might better be passed over in silence, or with, at most, a gentle reproof, reserving one's stronger and more concentrated efforts and influence for the greater faults. Grown people are very sensitive to fault finding, to criticism of conduct, and to allusions to their imperfections. Why, then, should we expect and demand of children that they receive constant reproof and criticism amiably, and with a forbearance which older people do not practice? Are not many children's dispositions seriously injured by these constant and oftentimes impatient reprimands and reproofs? . . .

By how many ways can a parent or nurse circumvent a child's evil or troublesome proclivities, if they will only set themselves to thinking about it, without ever disturbing the child's serenity or awakening its obstinacy or arousing an unpleasant feeling!

If we would be wisely non-resisting it would be far better for both parents and children.

A little incident I noticed one summer day from my window in a city street caused me to think particularly of this; a child in a second-story room in the house across the street was climbing up on the window-sill in a mischievous way which would cause nothing but alarm to a nervous mother. There were at least two ways of preventing the recurrence of this dangerous exercise; the first was to forbid it; that, as seeming to be the easier, would have been the method adopted by the ordinary parent. But in a thing forbidden there lurks a danger and a temptation which may lead to still greater punishment. Another way would have been to place iron barriers across the window, thus giving the pretty room a hint of that dreadful place, a prison. What took place here, instead of either of these alternatives, will serve to illustrate my idea of non-resistance.

The day after this little episode a row of flower-pots full of gayly blooming plants stood on the outer window ledge and added beauty both to the house and to the street. And thus, instead of a stern command, "Thou shalt not," the child had a fairy-like gift of color and beauty. Temptation was removed, and in place of it or iron bars an educating and beautifying influence took their place in a little child's daily life.—*H. M. Barbour in the Christian Union.*

The Ethical Side of Good Cookery.

THE lecturer at a household club talked to her audience the other day about the moral side of good cookery, and told her hearers that she believed the immoral side to be found in bakers' pies, bread and cake, in canned meats, vegetables and preserves. The woman who, to gain time for what she calls the higher needs of her family or for her own culture, habitually shifts her cooking to the shoulders of the grocer or caterer, is robbing her husband and children of health and strength, and using her money for household expenses in the most extravagant way. One may belong to a dozen clubs and be a bright and shining light therein, may paint china, sing divinely, and feed and clothe the heathen; but the duty that lies nearest her, and the foundation of all true advancement, begins with nutritious and suitable food daintily served.—*New York Evening Post.*

Babyhood.

Devoted exclusively to the care of infants and young children, and the general interests of the nursery.

VOL. VIII. FEBRUARY, 1892. No. 87.

THE CAUSES OF DEFORMITY AND UNEQUAL DEVELOPMENT IN CHILDREN.

BY MARY TAYLOR BISSELL, M.D., NEW YORK CITY.

YEARS ago, in Paris, Chauvisser made some investigations to ascertain what proportion of children were born deformed, and he made record of the fact that out of twenty-three thousand new-born infants only one hundred and thirty-two were in any way abnormal. Even this small percentage did not come within the definition of ordinary deformities, as they were actual monstrosities, in no ways resembling the greater or less deviations from the normal that we generally include under our term.

Other observers have noted similar facts, indicating that nature gives her children a fair chance, so far as their actual conformation is concerned, and that we must look to other than prenatal influences to explain the occurrence of the deformities and tendencies to unequal development that we actually find in later life. For all guardians of young children have had occasion to note the deviations from what we call the normal figure which occur among them, the majority of which are happily classed among the lesser deformities, and which include high-shoulders, "pigeon-breast" (Figs. 1 and 2), bowed legs (Figs. 3 and 4), or the reverse, knock-knees (Fig. 5), or greater or less lateral deviation of the spine, with one prominent hip, and other conditions more or less serious.

We shall confine this short paper to considering some of the common deformities of the trunk and upper and lower limbs, omitting all reference to such affections as hare-lip, cleft-palate, the disfigurements that come from burns, and the more serious nervous lesions.

The deformities of children may be either congenital or acquired. Of these congenital deformities, among which is that known as talipes or club-foot, which manifests itself in several different forms, and also certain deformities which originate from congenital nervous lesions resulting in various paralysis, we shall not speak.

But by far the larger proportion of the deformities of children are, as we should anticipate from De Chauvisser's statistics, acquired through disease or accident; and as these are, to a certain extent, preventable, they seem naturally to claim the larger share of our attention here.

Two Common Causes of Deformities.

There are two diseases very prevalent among children, which are practically responsible for the majority of deformities among them, excluding those which are congenital or the direct result of accident, and these diseases are rachitis, commonly called rickets, and tuberculosis. Both of these diseases are constitutional affections, and it is partially true that a child may have either one of these and not present any marked deformity. Tuberculosis, it is known, may develop in the lungs alone, or in the brain, causing a meningitis, or other serious affection, and yet give no external sign of its presence. But on the other hand, some of the most serious bone diseases among children, such as Pott's dis-

ease of the spine, or hip-joint disease, or knee-joint disease, which are some of the most deforming affections common to childhood, are in many cases only the manifestation of tuberculosis which has been unsuspected until discovered in these localities, where it leaves its baneful trace in a shortened leg, or a curved spine, or life-long lameness.

Fig. 1. Pigeon-Breast, Front View.

Rickets may be present to a mild degree without leaving any startling mark of its presence in the bones. In such mild cases indigestion and fretfulness in the infant and late teething may be its principal signs to the ordinary observer. But even here an experienced eye may discern some slight deviations from the normal in the ribs or the shape of the head, or elsewhere. The majority of rachitic children do, however, give unmistakable evidence of its deforming tendencies in various parts of the skeleton, the most common being the bones of the head, of the radius or lower arm, the ribs, the breast bone, the spine, and noticeably in those of the lower limbs.

The chest of a severely rachitic child is curiously irregular and undeveloped, owing to these changes in the ends of the ribs, and also to the pushing upward of the breast-bone. The ribs, as they swing around from the spine to become attached in front to the breast-bone, are pieced out by cartilages, which complete their length in front to the extent of an inch or more. At this point of juncture the ends of the ribs in rachitic children swell, these enlargements giving to the chest what is called a beaded appearance. The bones being softened from disease are unable to resist the pressure of the external atmosphere as they do in health, therefore they are often flattened or depressed, while the breast-bone may be unnaturally prominent, giving the appearance known as pigeon-breast. Not infrequently we see children who exhibit a one-sided deformity of the chest, the ribs on one side only presenting the anomaly referred to, or one side may be unnaturally vaulted and the other flattened, with or without the pigeon-breast deformity. These cases are generally due to rickets, and may be associated with a lateral curvature of the spine, with which a certain degree of chest deformity is generally present; but the writer has seen cases of this chest deformity in which there was no trace of any spine deviation.

Severe cases of pleurisy in weakly children not infrequently induce somewhat similar changes in the shape of the chest. Here the lung, which has been embarrassed by the effusion of water in the chest, fails to expand after the fluid has disappeared, and the chest walls fall in to fill the vacuum created by the retracted lung. This type of chest deformity is more amenable to treatment than such as result from rickets, being, as one may say, a more acute form, where the bone changes going on in slower and more chronic affections have not had an opportunity to occur.

The nature of rickets, which is believed to be a constitutional disease due to malnutrition, explains many of its manifestations. It is not solely a disease of the bones, but its traces are most readily and most frequently left in the skeleton. Whether, as some believe, it is solely caused by fermentation in the food of the child, who is improperly fed on a diet containing too large proportions of sugar and starch, the result of which is the production of lactic acid which dissolves the bone-salts as they are forming, and leaves the softer elements in undue proportion in the skeleton; or whether it is a constitutional affection which may also be induced by impure air and a lack of sunlight, with an absence of the fatty element in food, or whether some

Fig. 2. Pigeon-Breast, due to Pott's Disease of the Spine.

of the other theories about it are the correct ones, we do not precisely know. But the improper feeding of infants is generally believed to be a great cause of its occurrence, conjoined with other unhygienic influences already suggested; and practically the softened bones, permitting, under encouraging circumstances, uneven and one-sided or unsymmetrical deformities, are the immediate causes of such unsymmetrical development among children.

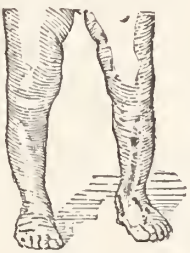


Fig. 3. Slight Case of Bow-Legs.

Bow-Legs and Knock-Knees.

Knock-knee and bow-legs are two of the most common results of rickets, most frequently seen with boys, but this is partly on account of their dress, which exhibits the deformity.

The bowing may be limited only to the upper part of the leg (thigh), or it may extend to the lower part, or may include both. It is not necessarily due to early walking. Indeed, it is stated by some observers that bow-legged children are not commonly early walkers, the vigor and love for activity which characterizes children who walk early being commonly absent in sufferers from rachitis.

In many of these cases there seems to be a relaxed condition of the muscles of the legs, permitting the softened bone to bend in one or another direction according to the direction of least resistance. In some cases the muscles are in a state of tonic contraction, pulling the softened bones out of the vertical line, bowing them forward or outward, sometimes even backward, as the case may be.

Rickets is not the only cause of bow-legs among children, although it is the most common one.

It is probable that children who have never had rickets may acquire bow-legs if foolishly permitted to stand in earliest infancy, although, as already said, this is not the most common cause of the affection. Affections of the spine and hip, which throw the body out of its normal perpendicular, may be instrumental in inducing curvature of the lower limbs, the direction of which will depend upon the location of the original disease.

Curvature of the Spine.

Lateral curvature of the spine is a "one-sided" deformity which may or may not be due to rickets. More commonly no history of this disease can be obtained, nor, indeed, is it always possible to obtain a history of any cause for the occurrence of this deformity in many cases. Rickets occurs most commonly between the ages of early infancy and three years, while lateral curvature seldom makes its appearance before the age of ten, although the writer recalls several mild cases occurring in little girls as early as seven years of age.

Authorities differ as to the most common period for the appearance of this affection, but the years between eight and fifteen may be accepted as fairly approximating the truth for the greatest number of cases.

Lateral curvature is understood to be a deviation of the spine from its normal vertical axis, with more or less twisting of the bodies of the vertebral column, which twisting or turning is called rotation.

There have been many theories advanced to account for this deformity, which is one of the most frequent among growing children.

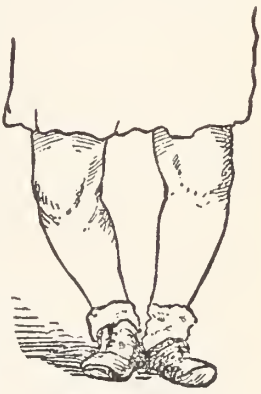


Fig. 4. More Perceptible Case of Bow Legs.

As it is not a disease of the bones, the explanation of disease in the body anywhere is not a sufficient one. Some observers have considered it to be due solely to weakness of the muscles upon one side of the body, permitting the deviation of the spine to that side. But this explanation does not seem to cover all cases, because we find curvatures occasionally where no difference in the strength of the muscles on either side of the

spinal column can be discovered, and also in cases where the muscular system appears to be in excellent tone and vigor. Other observers claim that the lateral curvature is due to faulty attitudes and one-sided positions which the children assume either in their school occupations or while carrying heavy

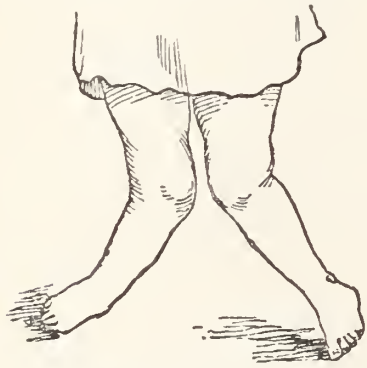


Fig. 5. Exaggerated Case of Knock-Knee.

weights upon one side of the body, or even in the one-sided position necessitated by horseback riding; while others have suggested that these one-sided positions themselves are only the result of an unsymmetrical development of the bones of the spinal column itself, which, being thus unsymmetrically developed and larger upon one side than the other, necessarily throw the trunk into an abnormal position.

None of these theories or others which have been advanced appear to be entirely satisfactory, and in many cases we cannot find any sufficient explanation for this condition. It is very evident, however, that faulty positions and one-sided attitudes constantly assumed by growing children have an immense influence in inducing this affection. It is probable that in most of these cases muscular weakness also exists. Sometimes we find this is general, even in children who otherwise have fair health. Sometimes it may only appear in the muscles of the back, or may (although this cannot, of course, be proved by inspection) be limited to the most internal muscles and ligaments of the spine which hold together these separate bony segments which, united by them, form this jointed column.

It must be remembered that the weight of the head and of the shoulders is constantly pressing downward upon the spine; and while under perfectly normal conditions the body is equal to its own support, if these conditions be disturbed, if the general health is impaired, if muscular weakness be present, and in addition we have the plastic body of a child constantly assuming abnormal or vicious positions, it is evident that something must give way, and in these cases this something is only too often the erectness of the spinal column.

Some of the attitudes which help to develop this affection in those who are predisposed to it are those of school-life, particularly such as are commonly taken in writing or drawing. A very common position is that illustrated in the accompanying Fig. 6. (From "Reeves on Deformities.") Indeed, so important a factor in the production of lateral curvature is the writing position considered, that at the recent international Congress of Hygiene, which met in London last summer, a resolution was passed advising the adoption of the vertical rather than the (English) angular style of writing in schools, as the latter, requiring an especially one-sided position upon one hip and arm, is believed to have a most unfavorable influence on this affection. This influence of school-life may be included under that of occupation; and any employment, such as an artist's, or prolonged piano playing, or work requiring one-sided weight bearing, may be included under the influences which help to induce a lateral curvature of the spine in those who have any predisposition to it.

A tendency to these curvatures appears to be hereditary in some families, and they are also found in children who have a marked tendency to pulmonary consumption.

An inequality in the length of the legs of a child will also induce this affection, especially if this inequality is of long standing. A case which recently came under the writer's observation showed a very marked curvature, principally in the lumbar region, with considerable deformity in the back due to the bulging out of one side and flattening of the

other, consequent upon the curvature. The girl in whom it occurred was about fifteen years of age, and of robust health, but said the curvature appeared after she had sustained a serious injury to one foot, which had been crushed when she was eight or nine years of age, and that for some years following she had been extremely lame, favoring the lame foot so greatly and bearing the weight so much upon the sound one that she had thrown her body to that side intentionally for many years. There seemed to be no doubt that in her case the curvature was due to this acquired position.

Fig. 6. Faulty Sitting Posture.

A safe practical working theory for the majority of these cases, however, will be found in that which holds the cause of this deformity to lie in the superincumbent weight of a child's head and trunk, pressing upon a structure whose supports (ligaments and muscles) are weakened through general debility, the kind and degree of the curvature being generally determined by the faulty positions taken at the school desk or elsewhere.

The "growing out of one shoulder" or a prominent hip, which are very common among children, are generally the signs of a lateral curvature, and are always its accompaniments to a greater or less degree. It is commonly the discovery of one or both of these affections that first calls the attention of the mother to this tendency in her child, and brings her to the doctor's office for an explanation.

Other Deformities.

We have already mentioned tuberculosis as one of the diseases which is more or less directly causative of deformities in children. The deformities which are caused by this disease are commonly those which result from affections of the joints, such as the hip-joint, the knee, the ankle and notably the spinal vertebræ.

So commonly is this disease discovered among children, that it is believed by some observers that tuberculosis is the remote cause of, practically, all of these joint diseases, initiated often by some accident, indeed, such as a fall or a blow. This may be an extreme view, but there can be no doubt of the immense influence of tuberculosis as a causative agent in such affections, while, as regards the effect of accidents upon their production, it has been proved that a blow or a fall will start up these joint affections in an animal already tuberculous, while the same violence will fail to produce them in one that is healthy.

External violence and the accidents common to childhood, such as a fall on one hip, or down a stair-case, are in themselves more liable to induce disease in children, because the portions of the bones here affected are at this period in their most active state of development, many and varied changes continually going on which require the best of conditions for their permanent adjustment. If these are suddenly disturbed by violence of any kind, the bones are liable to feel the injurious influence, from the fact that children are less easily kept quiet, and so tend to maintain the excitement of a part when once it is inaugurated.

The deformity which results from disease of the bones of the spine is known as Pott's Disease, and results in an angular (not a lateral) curvature of the spine very different from the other variety we have already alluded to. As the bodies of the vertebræ are softened by

this disease, they give way, and the result is a tilting forward of the part of the spine above the disease, with a certain amount of backward angular deformity at the point of disease. The result is the prominence or knuckle in the back, which is to the laity the sign of this affection, producing in severe cases the condition known as "hump-back."

The history of these children often points to a tubercular origin, but the disease and deformity also occur where no other cause than traumatism of some kind can be assigned.

Methods of Prevention.

A glance over the general subject of deformities, painful as it is in many respects, is not without encouragement when we note how many of them are due to more or less preventable causes. Rickets, while it is often insidious in its progress, is, in a general sense, a preventable disease, to be warded off by intelligent care regarding the diet and general hygiene of the child, and medical advice when any suspicious disturbance arises.

Tuberculosis is also now regarded as in great measure a preventable disease, and there is no question that better general hygiene of children and greater precautions regarding the source of the milk which they drink, or where that is impossible, the sterilization of it when purchased in cities, would limit the spread of this dread disease.

The lesser deformities which are due to faulty positions, wrong habits of sitting and standing, and which are often induced by the extreme muscular weariness brought about by improper confinement in school, or uncomfortable seating while there, also suggest their own relief. The debility of muscles, which is so fruitful a source of the lesser deviations of children, should be prevented by attention to the general health, which especially includes out-of-door life, and properly regulated systematic exercise.

ANTIPATHIES TO CERTAIN ARTICLES OF DIET.

BY WILLIAM H. FLINT, M.D.,

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SOME orders of animals derive their names from the character of their natural foods. We have, thus, the carnivora, the herbivora and the insectivora. In these orders of animals we find the prehensile organs and the teeth adapted to the seizing and to the mastication of the particular foods upon which the respective animals subsist. Thus, in the carnivora, the claws are for holding the prey, and the sharp canine teeth for its laceration; while, in the herbivora, the broad incisor teeth serve for the cutting of vegetable food, and the molars for its attrition. In man the teeth are adapted to the disintegration of both vegetable and animal foods, and we may, therefore, safely assume that Dame Nature intends the diet of the *genus homo* to be a mixed one.

This little excursion into the domain of zoology and of comparative anatomy seems necessary to the establishment of the principle that the normal human being, whether child or man, will best thrive upon foods judiciously chosen from both the animal and the vegetable kingdoms. *Why* this is so, we may never know; *that* it is so, is admitted by

the majority, although the vegetarians undeniably number among their ranks some specimens of perfectly developed humanity. A part of the Creator's purpose in indicating to man the desirability of a mixed diet may be revealed in the moral and physical qualities of the various animal species. As the tiger is fierce while the sheep is gentle and patient, so a perfect man should possess qualities such as are apparently conferred by both animal and vegetable foods, combining and reconciling energy and gentleness, valor and patience. However this may be, it is certain that, in most cases, not only the masticatory organs, but the taste and appetite as well, tend to make man an omnivorous creature from his earliest years.

Healthy children ordinarily possess craving appetites catholic enough to embrace all pabula, whether strictly orthodox or not, without reference to their scientific classification. Yet there are notable exceptions to this general rule, and these exceptional cases furnish the subject of the writer's present remarks.

Some children will not eat meat, some have a distaste for milk, others eschew bread, and so on, until authenticated examples of repugnance to almost every known article of food could be discovered without great difficulty. Now, this distaste for individual articles of the dietary is, generally, the result of habit or of faulty education.

Habits in eating are quite as easily established as in any other sphere of bodily or of mental activity. So we continue to combine capers and boiled mutton, corned beef and cabbage, vinegar and baked beans, because some remote culinary ancestor originally placed these articles in appetizing juxtaposition. At this late date it would be an unpardonable solecism to eat beans with capers or boiled mutton with vinegar, although there be no real incompatibility between these respective articles. So the child will adopt, without interrogation, any *menu* habitually placed before him, and will, in later years, sometimes persist in its use even when experience and reason tell him of its inutility or of its harmfulness.

On the other hand, an innate or an acquired antipathy for certain articles may persist through life. The writer is acquainted with certain grown people who have thus become rigid vegetarians to the apparent detriment of both their bodies and their minds.

Repugnance for certain foods is, however, not always the result of habit or of faulty education. It is, doubtless, sometimes the expression of an hereditary conservative tendency on the child's part, which may also lead it to prefer certain toys, games, routes or attendants. Thus, a little rustic friend of the writer seems considerably disturbed whenever a road to a neighboring village different from that usually traveled is selected by the driver, and does not relish his breakfast if the sugar is put upon his oatmeal before the milk has been poured into his porringer. This child, should he reach maturity, will adhere, with determined pertinacity, to the politics and to the religion of his parents, will extol the "good old customs" of his youth, and will deprecate innovations in agriculture and in sociology. Who shall say that the stability of our institutions may not be better conserved by full grown children cast in such a mould than by those who restlessly seek for novelty in all things? This consideration should teach us to use discretion in dealing with such innate peculiarities of taste, in order that the foundation of future moral stability may not be rendered insecure.

Aside from the above named causes of antipathy for certain foods, there is, in some rare cases, actual inability on the part of children to digest and to assimilate certain aliments ordinarily of very easy digestibility. This must be ascribed to some inherent peculiarity in the structure, in the functions or in the sensibility of the digestive tract. Eggs and ripe strawberries are generally easily digested, and yet the writer has seen children and adults who could not eat a single strawberry or even a small part of a soft boiled egg without suffering excruciating pain. In other cases, the same in kind, but of less intense degree, indigestion marked by colic and diarrhœa may result from eating foods which are harmless and healthful for the majority of children.

We conclude, from the above considerations, that antipathy to certain articles of diet is referable to the following causes:

1. Habit and faulty education.
2. Congenital conservative tendencies.
3. Abnormality of the digestive processes.

The management of the antipathy is different for each class of cases.

First. When the aversion to foods is due to habit or to faulty education alone, the habit must be eradicated or the method of education altered. This follows from the fact that both reason and experience prove the desirability of educating children to eat all kinds of healthful foods. No violence or undue haste need be employed in eradicating bad habits of dietetic exclusiveness. Strategic skirmishing will accomplish the object proposed more easily than will a pitched battle in which the opposing forces are openly engaged. A mere habit of abstention will soon yield before the advance of a keen appetite and the distasteful article will generally be preferred to the pangs of even moderate hunger. If the child who manifests the repugnance for any given food has been once persuaded to satisfy its appetite with the objectionable article, the battle is half won. Here is opened a large field for the employment of tact in persuasion and in the preparation of appetizing combinations. Taken unawares by these delicacies, the palate will often accept the distasteful food in some new or unusual form. Thus, should raw oysters be objectionable, the bivalves may be roasted or broiled, while milk may be given as junket, and meat may be administered chopped and sandwiched between thin slices of bread.

Second. A proper amount of conservatism in the choice of foods is to be encouraged. Instinct guides the lower animals in the selection of their pabulum, and generally prevents them from eating articles poisonous to them. This natural gift is denied to the youthful members of the human family, whose vaunted reason must be aided by parental judgment in the exclusion of harmful foods. Let, therefore, the rule be made that all new and untried articles be submitted to the tribunal of parental authority, and be viewed with suspicion until stamped with the approval of this high court of chancery, from whose verdict there is no appeal.

Third. All articles of food found, by careful trial, to be of difficult digestibility for a given child, should be excluded from his *menu*, as efforts at remedying his individual peculiarity or of modifying his unnatural sensibility will probably prove unavailing. Either pain in the stomach or bowels, nausea, vomiting, diarrhœa, fever, headache or marked muscular pains, if habitually observed to follow the use of certain articles in moderate quantity, may be regarded as sufficient proof that the culpable foods should be carefully excluded from the dietary, although they may, perhaps, be tolerated in later years.

FLATULENT AND SPASMODIC COLIC.

BY CLARENCE L. DODGE, M.D., KINGSTON, N. Y.

THE term colic signifies literally an affection of the colon or large bowel, but it has been made to include nearly every variety of acute pain of the abdomen. Many other terms have also been employed to designate this condition, as enteralgia, gastralgia, etc.; but the good old Saxon word, belly-ache, expresses the exact condition, and moreover is intelligible to every one. The more euphemistic expression. stomach-ache, is a misnomer, as

the pain is not in the stomach, but in the bowels, in most instances. Colic is one of the most frequent ailments of infancy and early childhood. It is not a dangerous disease, but it is productive of great suffering; no other disorder of infancy will cause a baby to utter the sharp and piercing screams that an acute attack of colic will, and no other affection of equal severity is so amenable to treatment.

Varieties.

Writers on medicine have recognized many varieties of colic, such as "bilious colic," "flatulent colic," "spasmodic colic," etc., depending upon the cause. Speaking broadly, however, there are but two varieties of colic in children—flatulent colic and spasmodic colic. The other varieties need not be mentioned here. It is very important to be able to distinguish the variety of colic if possible, as the treatment thereby becomes much simplified. This will be referred to again under "Treatment."

Causes.

The causes of colic are many and varied. In very young babies it is sometimes impossible to assign a satisfactory cause. Some children seem to be born with a predisposition to this trouble, the so-called crying babies that we all see now and then. In most cases, however, the pain arises from the generation of gas within the intestines, the so-called flatulent colic. This is sometimes the result of the decomposition of food in the alimentary canal, and at other times we meet with it in fat and healthy children in whom there is not the slightest suspicion of digestive trouble. Just where the gas comes from in these cases it is not easy to say; but the swollen and bloated abdomen, together with the discharge from time to time of flatus from the mouth and anus, leave no room to doubt what is causing the mischief. Among other causes may be mentioned constipation, overfeeding—it is in this class of cases that we find vomiting and diarrhœa—and exposure to cold, especially where the feet become cold or wet.

Spasm is also to be reckoned among the exciting causes. That the pain in many instances is due to spasmodic contraction of the muscular coat of the bowels is clearly shown by its peculiar character, and still more positively by the remedial measures which are found to relieve it. Nursing too rapidly where the flow of milk is very copious is said to be sometimes a cause, probably by overloading the stomach. Like nearly all the other ailments of infancy, colic has been thought to be caused in some cases by difficult dentition. This view, however, is untenable and is only mentioned to be refuted. There is a tradition among nurses that boys are more subject to colic than girls, but this is an open question that would require a record of many hundred cases to decide. This one's or that one's experience does not count for much, for the number of cases is too few. Sex has probably little if anything to do with it.

Symptoms.

In this disease, as in all others occurring in infancy, we are compelled to rely almost wholly upon objective symptoms. A baby cannot tell us where the pain is, nor the nature, nor the character of its suffering. We can, however, make use of the knowledge obtained from adults and larger children suffering from the same affection, and the concurrent testimony of all who are old enough to speak is the same as to the character and intensity of the suffering. Colic always comes on suddenly; a child, apparently perfectly well and happy, will suddenly utter a number of piercing screams in rapid succession, which will be followed by a violent paroxysm of crying. The severe pain continues for a few minutes, and then either ceases completely or abates, to return again with the same severity after a brief interval. Attacks vary greatly as to severity and duration. Where appropriate treatment is not instituted, they may last for hours, causing much unnecessary suffering. In those old enough to tell us, the pain is usually referred to the region of the umbilicus (navel), and it is fair to assume that small children feel the pain in the same location. The character of the pain is griping or twisting, causing the child to writhe and roll in the intensity of its suffering. It is furthermore

prostrating from its severity.' It induces a species of shock, and the nervous system is profoundly affected. While the pain lasts the face wears an anxious, frightened expression, the skin is cold or covered with a clammy perspiration and the pulse is depressed. *There is no fever.* It has been said there is absence of tenderness; this is usually the case, but sometimes there is soreness and tenderness on pressure over the abdomen. In flatulent colic the abdomen is tympanitic and greatly distended—bloated, as the old nurses say—and the flatus is discharged from time to time by the mouth or anus, with great relief to the little patient. Generally there is constipation, but in that form caused by overfeeding there is, as we have said above, often vomiting and diarrhœa. In spasmodic colic the abdominal muscles are sometimes contracted and present an irregular or knotted surface. Notwithstanding the severity of the paroxysms, the child, once they have ceased, seems perfectly well, and rapidly returns to its normal condition. It eats, sleeps and plays as though nothing had happened, and seems to prove the truth of the old adage that "colicky babies always do well."

Treatment.

The treatment of colic may be divided into that proper during the paroxysms, in order to allay the violence of the pain, and that during the intervals to prevent their recurrence.

The remedies that have been made use of for the relief of colic are legion. I have little doubt that the first patent medicine ever offered for sale was a sure cure for colic. In our day and generation the list is a formidable one. Godfrey's cordial was once the popular nostrum, now it is some soothing syrup. All these various baby "cordials," "soothing syrups," etc., are dangerous and should be carefully avoided. Every one of them contains opium in some form. It is the essential ingredient in all. Now the objection I make is not altogether that they contain opium, but that the amount of opium is not known; and further that opium, while perfectly proper and safe in certain cases to be mentioned hereafter, is altogether improper and is attended sometimes with serious consequences when given as a routine practice for every form of disquiet or fretfulness that a baby may chance to have.

As stated above, it is highly important to determine, if possible, the variety of colic, in order that the treatment may be adapted to the particular form. In very young babies, where an attack is obviously due to overloading the stomach with milk or food of any kind, there is apt to be vomiting and diarrhœa. This is nature's effort at removing the cause. In these cases the vomiting should be encouraged for a time and no hasty efforts made to check it. Often a prompt unloading of the stomach, with a free passage of the bowels, will give immediate and permanent relief. If pain persist afterward, the measures to be detailed hereafter may be employed. In ordinary cases of flatulent colic, where the abdomen is "bloated" and the discharge of gas from time to time points to "wind" as the cause, relief may often be obtained by applying warm fomentations to the belly, such as flannel wrung out of hot water, to which a little whisky has been added, a mild mustard plaster or dry heat by means of a small "water bag" applied locally, and the administration internally of fennel or anise tea, with a few grains of bromide of potash, repeated every hour till the pain ceases. A few drops of brandy or whisky in sweetened water, given as warm as the child can take it, will frequently allay the pain and cause the little patient to fall asleep. These various measures may be employed in any case with perfect safety and with no fear of evil consequences.

In cases of spasmodic colic where the paroxysms recur at short and regular intervals and in all severe cases where the measures described above have failed to give relief, it becomes necessary to administer an opiate. I feel now that I am treading on dangerous ground, for "opiate" to many people is synonymous with poison, and is, therefore, to be shunned as a thing of evil. Much has been written in a popular way warning mothers and those having children under their care to beware of all nostrums advertised to make teething easy or cure colic and all

the other minor ills of infancy *because* these same nostrums contain opium in some form, and because opium is a narcotic poison and therefore totally unfit for babies to take. With the first half of this warning I am in perfect accord, but the idea that opium in appropriate cases and proper amount is to be tabooed in the treatment of children I believe is a mistake. Granting, as I readily do, that it is a remedy that should always be used with caution by the laity, I am firmly convinced that its dangers are greatly magnified by many well-meaning persons. When we remember to what an extent the various cordials, soothing syrups, etc., are made use of, and with what carelessness and ignorance they are administered "in season and out of season," and the comparatively few accidents that result from their use under the most adverse circumstances, is it not reasonable to believe that given in known amount when really indicated, by persons of judgment and intelligence, opiates may not only be safe, but extremely valuable in many cases?

The only form of opiate advised in this article is the well known preparation, paregoric; this is the weakest of all the officinal preparations of opium, and is specially adapted to the needs of children. Many people have a very erroneous idea of the strength of paregoric. This standard article contains about 2 grains of opium to the ounce. A fluid ounce of paregoric contains 960 drops,* and since 2 grains of opium is only a full dose of this drug for an adult, it can readily be calculated how much opium a baby will get in 5 or 10 drops of paregoric. Now, there are many cases of colic that will not yield to anything short of an opiate, and in these cases it is nothing less than cruelty to withhold that which never fails to give relief. Any one who has ever seen the marvelous effect of a hypodermic injection of morphine on an adult groaning and writhing in the agony of spasmodic colic and has heard his protestations of gratitude at being delivered from torment, can never after doubt the power of this drug over pain. Why should we deny to a little child that which we have found so great a boon for ourselves? A severe case of colic should always be given over to the care of a physician, for many times what appears to be colic proves afterward to be something more serious; but it sometimes happens that a physician is not to be had or that hours must elapse before he can reach the patient. In these cases a little knowledge is *not* a dangerous thing if rightly applied. I believe that no reader of BABYHOOD would be capable of doing injury to her charge by the use of sufficient paregoric to relieve an attack of colic.

Use and Abuse of Opiates.

I wish to be clearly understood in this matter, and therefore will venture to repeat in part what I have just said. In all severe cases of colic, where the ordinary remedies, including those mentioned above, fail to give relief, and where no physician can be obtained, no reader of BABYHOOD need hesitate to administer a few drops of paregoric to a suffering child. The dose in these cases depends upon the age. At the age of one or two months from 3 to 5 drops may be given in a little sweetened water; at the age of six months, 8 to 10 drops, and this may be repeated in an hour if necessary. Until symptoms of drowsiness appear the anodyne is having no effect, and if the pain continue the dose can be safely repeated once an hour. I have never known a child suffering acute pain to be narcotized with paregoric. This is a very different matter, however, from deliberate drugging as practiced by some stupid nurses and mothers, where the medicine is given simply to "put the child asleep" and keep it quiet, and thereby relieve the mercenary nurse of her legitimate duty.

In cases of spasmodic colic the treatment by opiates should be instituted at once. Even if the bowels have been constipated at the time of the attack, the removal of this condition is a secondary object. So long as spasm continues there is resistance to the action of

* A fluid ounce contains 480 minims, or measured drops. Drops as dropped from a bottle vary in size according to the liquid, the thickness of the lip of the bottle, etc. Drops of tinctures average about half a minim each. Hence the estimate in the text.

cathartics, and to defer measures for the relief of pain until the bowels have been evacuated is to prolong needlessly the sufferings of the patient. If after the removal of the pain the bowels do not act in a reasonable time an injection may be given or a mild aperient.

General Considerations.

Many other remedies have been recommended for colic in children. I shall mention a few merely to condemn them. First, "soot tea" is an old remedy that nurses are sometimes extremely desirous of testing. It is a relic of the dark ages and should never be employed. Turpentine was once much in vogue as a remedy for this disease, but it should never be resorted to except on the prescription of a competent physician. As stated above, purgatives and injections are contraindicated during the acute stage and should not be employed until the pain has been allayed by other means. The warm or hot bath has been recommended by some writers as a valuable means of inducing relaxation of spasm in these cases, but where we have more effective resources at hand it is worse than folly to resort to questionable measures.

In the intervals between the paroxysms we should strive to ascertain the cause. In all cases where indigestion is present treatment should be directed to the removal of this condition. If acidity of the stomach exist alkalies are indicated, as lime-water, bicarbonate of soda or magnesia in small doses. Careful regulation of the diet is of the greatest importance in all forms of gastric disorder in children. Overfeeding, too frequent feeding or nursing, and improper food where artificial substitutes are employed, are the chief causes of infantile dyspepsia. Where constipation exists this should be relieved; care should be exercised, however, not to resort to powerful purgatives, lest these act as an exciting cause. In some cases a short course of the elixir of calisaya and iron or of small doses of quinine seems to have beneficial effect. This should always be remembered when other measures fail. And lastly, care should be taken to dress the child warm in woolen garments, that is, the underclothes. Do not allow the feet to remain wet or cold; when found in this condition, take special pains to thoroughly dry them before the fire or by gentle friction with a flannel cloth before putting on other stockings.

NURSERY HELPS AND NOVELTIES.

Wheel-Lock for Baby-Carriage.

THE illustration sufficiently explains this wheel-lock, which costs but 50 cents, and can be attached to any carriage by any person who can drive a

screw. It will hold the carriage securely, and thus prevent accidents due to wind or carelessness. When not in use it is under the body of the carriage out of sight.

Baby's Corner.

I WONDER if my little corner closet, which is, so far as I know, an original idea, would not be a helpful suggestion to some crowded mother. When my first baby came my own big, bright room with its four south windows seemed the only nursery for her; but with the bed and the table, the dressing-table, sewing-machine and divan, the easy chairs and all the other things that made the room comfortable, how to dispose of the baby's belongings was a question. The drawers and closets were full of things that could not be banished to the third story. A chiffonier was out of the question, and the often-suggested baby's hamper would have been stuffed full with four dozen napkins alone.

Necessity compelled invention. Into the one unoccupied corner between the hanging bookshelves and the toilet closet I got a carpenter to fit two strong, smooth, triangular pine shelves, at an expense of 50 cents. The lower shelf was 19 inches from the floor, and the upper 19 inches above that. The sides of the shelves next the walls are 22 inches long each. The front edge is curved.

The top shelf is smoothly covered with light blue sateen, under white scrim with large blue wafer spots on it, like my window, alcove and crib curtains. Curtains of the scrim lined with sateen hang straight down in front, and across the curved front of the top shelf is a box-pleated frill of the scrim with a brass tack on each pleat. The scrim washes perfectly and can be taken off or put on in five minutes.

Concealed behind the curtain under the lower shelf is Baby's bath-tub, which just fits in set diagonally. In it when she is out or asleep is the big pasteboard box which holds all the trash dear to her heart, as toys, and which on the floor make the room look so untidy. On the shelf are three piles of different sized napkins, another of night-gowns, another of flannel skirts, and several flannel wrappers and other odds and ends. On the top shelf, the ruffly basket, which holds her toilet articles, doesn't look at all amiss.

The whole thing took three yards of sateen, three of scrim, at 25 cents a yard, and a few tacks, and the cost was $2. It makes, too, a pretty corner in the room. E. E.

New York City.

A Useful Chinese Stove.

In case of colic at my neighbor's house the Chinese stove is brought out. This is a flat tin box with punk for fuel. The punk can be lighted with a match, and the stove is soon as warm as the hand can bear. The heat lasts without attention for two or three hours. These stoves can be obtained at Chinese or Japanese stores. Sing Fat, 614 Dupont street, San Francisco, Cal., has the stoves for 10 cents each, and punk, ten pieces for 5 cents. (I am not his agent, simply a public benefactor!) This stove makes Baby so warm that the mother does not need to sleep with him. Both mother and baby rest better alone. The stove saves hot water bags and hot cloths, and is quickly prepared, even in temperature and safe. It is good to carry in the hands on a cold ride.

St. Paul, Minn. H. L. H.

Shall the Babies wear Bibs?

After reading a recent Babyhood, I felt as though I would like to tell of my belief in regard to children's bibs and table trays. There was a suggestion in that issue which I think is very good for those mothers who are overburdened with work and care and must necessarily limit the amount of washing. I refer to the oil-cloth bibs and pieces under their plates. I intended to get them for my little boy, but was prevented by being unable to find plain white oil-cloth, so I purchased a tray instead. He used it for a few months, when I began to feel that it was something of a license for carelessness and took it away, placing a clean, white tray cloth or napkin under his plate. I believe the practice of putting a bib on a child and giving him unrestrained freedom to soil it, is damaging to the child's cleanlier tendencies.

A better object lesson in neatness at the table cannot be given the child than to place a clean, white napkin under his plate. My little boy, now two and a half years old, already evinces pride in his place at the table and feels badly when by accident he soils it. I believe the influence of a snow-white tablecloth and a neat place at the table makes an impression on the child that will follow him through life. J. E. A.

Milwaukee, Wis.

Eclipse Bed Clothes Holder.

The illustration shows one of these holders, which are used in pairs. The eye end is fastened by a screw or nail to the inside of the rail of the bed or crib near the head of same. When in use the hook at the other end of the elastic band is fastened to the bed clothes, some of the coverings

being folded over the spring hook, which is then pressed down and the wire bow fastened. The elastic band allows free movement of the child. These holders retail for 50 cents a pair, and are manufactured by the Novelty Co., St. Anthony Park, Minn.

To Guard the Tablecloth from Unexpected Raids.

I have received so many good hints from the many writers for your most excellent magazine that I would like to tell of an invention of mine for keeping the table spread from being pulled off, with all the books, etc., by my baby, who is learning to walk, and who catches hold of anything in his reach that he thinks will assist him. I took four strips of cotton cloth, about an inch wide and an inch longer than the table, two to go one way and two another, and pinned them to the tablecloth, from the under side, with small safety pins,

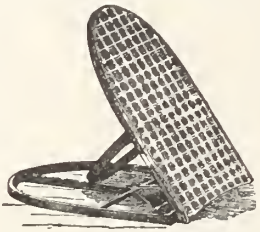
about eight inches from the edge of the table. It has never been pulled off since I fixed it.

BABYHOOD is such a household word that my boy, eight years old, said to me, "Mamma, tell it to BABYHOOD." N.

South Windsor, Conn.

Bed-Chair Back-Rest.

THIS back-rest is designed to elevate the upper portion of the body to any position, from horizontal to upright, and to avoid the discomfort from bolsters of chairs or piles of sinking pillows. It is strong and simple in construction. The covering is of heavy canvas, 26 inches high and 23 inches wide, forming a flexible lower part which easily adjusts itself to the base of the spine. It retails for $4.00.



Oblong Round Pillows.

I WONDER how many of my dear sisters know of the convenience of the oblong pillow. I had never seen one until I went to India, where its utility at once appealed to my sense of the fitness of things. Before possessing such an article, often I would lay my Beta Baba (the Hindustani for boy baby) down on the bed very carefully, expecting the little fellow to lie as placed and have a fine nap. But no! Upon removing my hand he would immediately turn, getting himself in an uncomfortable position, and would soon awaken. While very young, when lying down he needed a substitute for mother's arm; when older, a protection to keep him from falling off the bed or against the sides of the crib, both of which were to be found in the "takiya."

I deem these simple little pillows invaluable for keeping Baby in place. For making them, cut of white muslin two circular pieces 2 inches in diameter, and a strip from 12 to 18 inches long and 10 broad. Fold one side to the other and sew in a seam, gathering one end upon the circular piece previously prepared. After filling this "sack" with feathers, cotton, or, better still, lamb's wool, gather the open end, whip it on to the other circular piece, and the pillow is complete.

The cases may be made plain or prettily trimmed with a ruffle of valenciennes or torchon lace around the circular end. A bow of ribbon at this end also adds to the effect. The other end must, of necessity, be left open and finished with a draw string to allow the putting in and taking out of the pillow. Many nurses make use of two of these pillows, placing one in front, the other at the back of the "wee one." E. B. S.

Mosca, Colo.

An Automatic Care-Taker.

A DEVICE for relieving the baby's attendant from constant duty is known as "Hayden's Baby Care-Taker," and is made by the Hayden Manufacturing Company, 391 Canal street, New York.

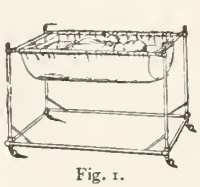


Fig. 1.

Fig. 2.

It consists of a combination of a light, strong frame-work with a cloth receptacle in such a way as to be easily changed to a number of different positions, adapted to the various purposes of a crib (Fig. 1), a chair, carriage, and self-walker

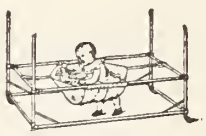


Fig. 3.

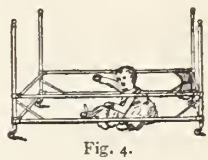


Fig. 4.

(Figs. 2 and 3), a safe guard (Fig. 4), and a swing (Fig. 5). It is claimed that every motion of the child, and every position he can assume,

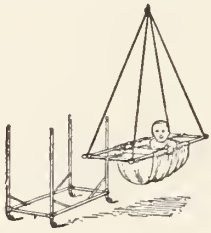


Fig. 5.

has been provided for; also that the apparatus is free from sharp or rough points, or metal or other hard surfaces. The flexible seat and bed can be easily removed for washing, and the frame is said to be absolutely unupsetable. A flexible table is provided, for use as in Fig. 2. The "Care-Taker" has a further advantage in its portability, as it can be folded in a very compact package.

It has been highly spoken of by a manager in one of the large institutions for infants in this city.

Fastening the Bed-Clothes.

WINTER is now with us, and mothers are wrestling with the old problem of how to keep the restless legs and arms of their darlings from throwing off the warm covers at night. It is thus that they become easy prey to catarrh. Many ingenious contrivances to prevent this have been described at intervals in BABYHOOD. As the mother of three boys who seem to have a natural antipathy to covering of any weight, my experience also is worth something, and I have hit upon a plan which is quite successful, and which for simplicity and economy cannot be excelled.

Tie an ordinary knot in each of the two corners of the top sheet at the head of the bed. Then, for each knot take a piece of cord and double it. Place the end where the loop is around the sheet close below the knot, and fasten it by slipping the two loose ends of the string through the loop and pulling them tightly in a slipnoose. When the children are put to bed, nurse must draw each corner of the sheet down close to the sides of the mattress and tie the two loose ends of each string around a spoke of the child's bed; or, if the children sleep in a large bed, the strings can be tied around the side pieces of the bedstead.

St. Louis, Mo. AN OLD CONTRIBUTOR.

Baby's Bunk.

I SEND a description of our boy's "bunk," hoping it may be of use to some mother who intends taking a sea voyage with a wee baby. The good captain of an English steamer had his sailors make it for us, and it has been such a comfort, that we long to tell BABYHOOD readers of it.

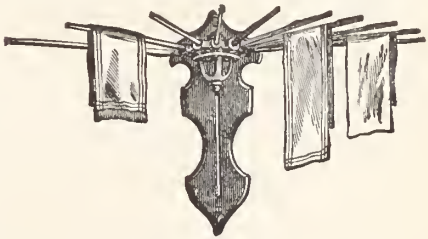
The bed consists of a light wooden frame 34 inches long, 18 inches wide and 12 inches high, and three strips of sailor's canvas. One strip of the canvas goes underneath the frame, forming the bottom, and comes up, forming the ends. The two side pieces are sewed to this at the four corners, and the canvas is then tacked to the frame all around the top and bottom. The ends are folded and sewed over the ropes by which the bed hangs. Baby slept and ate and lived in his "bunk" during our week's voyage, and was safe and happy. There is always some place on deck where the bed can be swung, and at night, if no arrangement can be made for swinging it in the stateroom, it can be tied on the sofa or put at the foot of the mother's or nurse's berth, and the baby will be snug and safe. The bed just held Baby's bath, and when we were traveling by rail it was sent with the luggage, with the bath and rugs packed in it, the ends being folded down over the top and securely fastened with the ropes.

Baby slept in his "bunk" all summer, for it was more comfortable than the average hotel bed; and as he is yet a very little baby he still uses it. Indeed we shall be sorry when he must have a larger bed. The bed can be made pretty, to use at home, by having a deep frilling of cretonne or dainty muslin tied around it.

Constantinople, Turkey. H. W. R. B.

Conveniences for Drying.

FOR many months I have been an interested reader of BABYHOOD, but I have seen no mention of what has proven a great convenience to me in



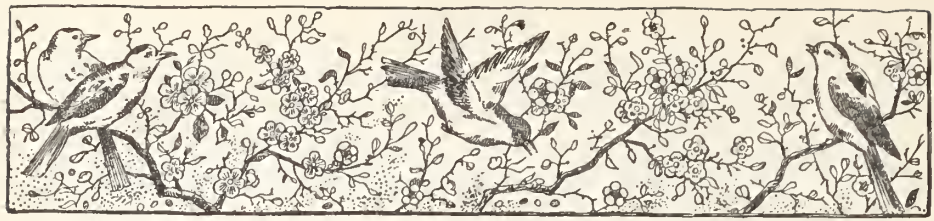
Opened for Use.

airing and drying my baby's diapers, namely, a pinless clothes line. These lines are made of galvanized iron, can be left out in any weather and never soil the clothing. For those who live where the winds are high I should think they would be especially serviceable, for diapers (or any wash goods) properly hung on these lines never blow away. They are made by The Pinless Clothes Line Co., 17 Hermon St., Worcester, Mass., and can be had at a small cost.

Closed.

Another convenience which I make use of for airing and drying diapers in the house when the weather is bad, is the "Empire Drying Bar," which requires small space, and when not in use can be folded up against the wall entirely out of the way. The accompanying illustrations show one open for use and one closed. It can, I think, be found at almost any first-class hardware dealer's. (Made by the Empire Wringer Co., Auburn, N. Y.)

Washington, D. C. MRS. L.



OUGHT OBEDIENCE TO BE ENFORCED?

BY E. C. E.

"TRAIN up a child in the way he should go," is the reiterated charge familiar to the parental ear and conscience. It is backed by good authority, certainly, yet some modern interpretations of the injunction seem calculated to mislead those who do not realize that no hard and fast rule can be followed in dealing with a human soul. In our passion for systematizing we want to reduce our children to equations: so much firmness on the mother's part, plus so many submissions on the part of the child, equals established character. Not so simple is Nature. Infinite are childhood's phases and infinite must be the devices of parental watchfulness to make each step an onward one.

In ruling her family of eight children my mother would never permit one of us to urge: "You let Mary do it—you ought to let me." We early understood that that was no reason; that we were each different and must expect different treatment. We knew very well that the difference did not lie in the mother love; and that habit in the family of considering each as an individuality with his own private needs and rights and duties had the indirect effect of greatly fostering our unselfishness and family loyalty. We appreciated and respected each other's gifts, and learned patience with each other's peculiar faults and weaknesses, because our mother recognized in each of us a separate peculiar entity and assumed that each member held to every other member a separate personal responsibility.

When one unnecessarily substitutes an arbitrary command for sympathetic reasoning this respect for the child's personality must be lacking or obscured. Even from refined and intelligent parents children have to put up with insults which if offered to the parents themselves, would make the blood boil and the right arm strike out instinctively; and if the child, from the same impulse of wounded self-respect, relieves himself by an equally instinctive passion of tears or blows, the mother sadly wonders where her boy can have got this dreadful spirit of rebellion.

Is it not an insult to a child's intelligence to command him suddenly to go and do something which he does not wish to do and sees no reason for doing, and when he questions the command to cut him short with "Go immediately, you must not ask questions, you must do as I say"?

The parent says he is training the child in obedience, and that obedience ought to be prompt and unquestioning. But obedience is only a means to an end. We hold the right as free men to question any command whatever laid upon us, from the laws of Heaven itself to the rulings of the magistrates, and if they do not commend themseves to our sense of justice we hold to the right of at least protesting against them. Because his judgment is immature and must so often be overruled for his own good, a child's right to its exercise should be no less sacred. If he protests against your command do your best to show him your reasons for it. If he understands them and acquiesces you have done something toward educating his own reasoning powers, and if, as must often happen, he still cannot comprehend your standpoint, it is probable that you will have so touched him by your sympathetic attitude and won him by your respect for his feelings that he will willingly now obey from the best of all motives, affection. Undoubtedly commands have to be enforced sometimes where there is real refractoriness and where neither reason nor love avail, but it is unjust to childhood to suppose that these cases would be more than the small minority if parents were always wise and just.

A recent article in BABYHOOD says: "Tell the child once, and once only, to do a thing, and that not in a loud tone, but in a gentle way, showing that nothing but obedience is expected or will be accepted." The latter clause commends itself to one's common sense. The mother who by the form of her command suggests to the child the

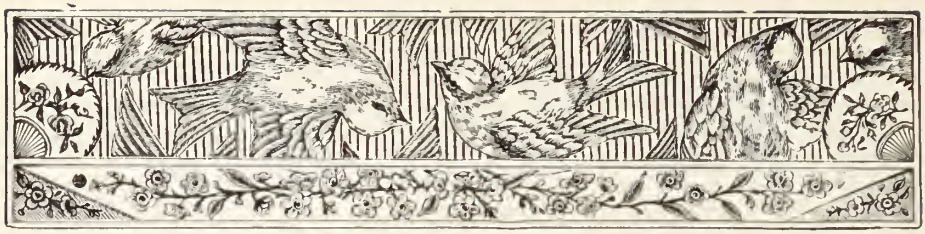
wrong course instead of the right one, stands quite on a par with the woman in the story who left home with the parting injunction to her children to be very very good, and above all things "*not to put beans in their ears*," which they, having never before thought of, immediately went and did, to the great detriment of their auricular organs. But how about the "once and once only"? The writer goes on to say that if you tell your baby to come to you, you must see that he does it and that you do not go to him instead. But supposing you have told him once and he does not choose to obey? His will is quite independent of yours and he can so choose. If you are not to repeat the command what will you do? The only alternative seems to be that you must punish him without further amenities. If you were sure his motive were purely unreasonable this might, with some children, be the wisest course; but, unfortunately for the rule, his motive is quite as likely to be any one of twenty other notions: a desire, for some natural reason to induce you to allow him to stay where he is; a bit of willful playfulness; a harmless whim without any reason—and in that case his indignation at your superfluous severity would seem to be justified. In any case, it is useless to say "See that he does it—that you do not go to him instead." Right or wrong, children have the pluck of martyrs, and if your tiny three-year-old willed it, he would stand there until he dropped asleep and you *had* to go and get him. And plenty of children are quite capable of willing it.

The point is not to oblige the child to obey because you command, but to bring him to wish to obey, because you wish the action done. To accomplish this the best way is by no means always to insist. Many a time the wise mother will give up her point. Sometimes she will see that she has unintentionally roused a great combativeness, and that the matter in question is too slight to warrant so hard a battle as must ensue if she persists. Sometimes the child is excited or tired, and obedience enforced at that moment means a long exhausting cry, and she will not subject him to such a strain upon the sensitive nerves. Sometimes she sees that she herself has been too hasty, or entirely in the wrong, in asking what she did.

It is not necessarily pernicious to frankly give a child his choice between good and evil. Purely as an experiment, I said to my baby the other day, when he was protesting against a wish of mine: "Well, you may do it then if you want to, but it troubles mamma. Mamma does not want you to do it, but you may do it if you want to." He looked at me a moment thoughtfully, as if to fathom the meaning of this unexpected liberty, and then promptly obeyed. His will was not coerced, but disarmed. He had evidently been led to look behind the arbitrary "Mamma says," and to do right from an altruistic motive. And I learned a lesson.

It may very well be that this vaunted firmness of ours by which we overcome by our superior strength or resources the will of the child who opposes us is too often but self-will and selfishness in us. We suppose we are consulting the good of the child, but among the motives that lie far down we might find, if we searched, an anger roused by the resistance we have met—a determination not to be baffled by a babe—a tyrannical will to conquer. And these are not the lofty motives of true motherhood.

The habit of perfunctory obedience gained by forcing is convenient to parents, but it does not mean in the child that free, sweet, perfect fulfilling of the law which may come as a gradual growth to those who are trained with patient, varying guidance into a comprehension and love of the law and conformity to it. And it cannot be said too often that neither obedience nor any other separate virtue is the end of training. Personality, character, we want in men and women, and these must, therefore, from the first be considered in the children.



NURSERY PROBLEMS.

Keeping Warm in Montana.

To the Editor of BABYHOOD:

My little girl is seven months old, small for her age. Since she was three weeks old, she has had the bottle, first having milk, which had to be changed when three months old for Nestlé's Milk Food. Owing to the cow eating some weed which upset Baby, all the milk was sterilized. Now that the food doesn't seem sufficiently nourishing, I am giving strained oatmeal three times a day.

(1) Would you discontinue Nestlé's Food entirely and give oatmeal and milk; or still give food at night?

(2) How can I keep her hands and feet warm, especially the latter? She wears woolen stockings and knit wool bootees.

(3) There being a tendency to weak lungs, what would you advise? She takes cold very easily. What do you think of Scott's Emulsion in such a case?

(4) Would you take her out when the sun is bright, and the weather, although cold, is not windy? F.

Montana.

(1) If you can get good milk we presume it would agree. If you are not certain continue Nestlé's food and the gruel.

(2) We are not sure whether you mean us to understand that she has unusually cold hands and feet or not. If you do we can only suggest as to the feet. Sponging with cool water and friction until they are warm before putting on the shoes and stockings, as a local remedy, and the keeping up of the general health and nutrition as the most potent general remedy. If you mean how to keep her warm in cold weather when more or less exposed, we think the old-fashioned foot-stone or a brick in the carriage or bed as good as anything.

(3) We have faith in the value of sponging—in a warm room, of course—of the skin, part by part, with cool water, and subsequent friction, as a tonic against the easy catching of cold. We also believe in cod liver oil as a nutrient; whether given pure or in emulsion is usually a matter of indifference to young children.

(4) Yes, if you can so protect her as to be sure she is warm. Your climate is cold and we think that if she is not too heavy it will be better that she be carried in arms than that she should go in a baby carriage. The feet should be especially guarded.

Fruit at Thirteen Months Undesirable.

To the Editor of BABYHOOD:

Will you kindly enlighten me on a few points? I have not taken BABYHOOD long, but find it most useful. I do not quite understand about the use of fruit with babies. My baby is thirteen months old; was weaned at seven months by the advice of a physician, as he broke out very badly with eczema, from which he has never been free since. He was fed entirely on sterilized milk until he was eleven months old, when he had an attack of summer complaint which reduced him to a mere skeleton. We began using Imperial Granum at this time, and he is now quite plump and seems well except for the eruption on his face. His greatest trouble is from constipation. At eleven months his bowels moved regularly each day. At twelve months I stopped sterilizing the milk, as I could get it twice a day from a good cow. His bowels still moved once a day, but the movement was hard and frequently would make him bleed a little. About two weeks ago we began giving him milk from a herd, and his bowels have been still worse, having a movement only every other day, and very hard. I have tried oatmeal, barley, graham and whole wheat gruels, but they have had no effect. A few days ago I began giving a little baked apple, the first fruit he has ever tasted. He liked it very much, but it did not affect him in any way. He is fed very regularly and seldom eats but four times a day. He takes one good nap of three hours, goes to bed at half-past six, but is often restless at night. He drinks no water, unless forced. Is very active and nervous.

(1) Can you suggest any change of food that might help the constipation?

(2) What fruits would you advise, or is he too young for any fruit?

(3) Do you think he should be forced to drink water? His food, of course, is all liquid.

Downer's Grove, Ill. MOTHER.

(1) It is exceedingly hard to find a diet suitable to the digestion of an infant of his age which will be sufficiently laxative. It is probable that the constipation is more severe with your child on account of the previous severe derangement of the bowels. We should prefer to keep on as a diet with milk and oatmeal gruel, making the gruel gradually more consistent by using a coarser strainer, until some effect was noted. If the child has any chewing teeth let it have graham

bread and butter. If the food is not then sufficiently laxative use a glycerine suppository or an enema to help the movement until the child is old enough to eat with safety an enlarged diet.

(2) We cannot advise any at his age. We occasionally have permitted the smooth pulp of a baked apple, not always with benefit.

(3) Not if he does not want it. Simply offer it to him.

Bed-Wetting.

To the Editor of BABYHOOD:

Our boy three years and ten months old wets the bed. He is in good health, and never was sick except with whooping cough a year ago. What can we do with him? H.

Syracuse, N. Y.

We cannot do better than refer you to an article in No. 41 of BABYHOOD, by Dr. Bissell, which treated this subject in a thorough manner, and, although brief, is the most comprehensive popular description of the symptoms and cure which we know of.

Possible Eczema.

To the Editor of BABYHOOD:

Will BABYHOOD please give some advice as to my small boy's scalp? This particular small boy has very fine, soft hair, not especially thin or thick, but he is greatly troubled with dandruff. It appears to come this way. First a collection of small vesicles filled with matter; these dry and form a thick, oily scab, or scale, covering, say, a space about an inch in diameter. The pimples are more marked in hot weather, but the dandruff or scab exists nearly all the time in spots more or less extended. What shall I do with it? Washing does not appear to have any effect on it. What is a good tonic for a child who has always a cold?

Washington, D. C. GUARDIAN.

From your description of the conditions on the "small boy's scalp" it is probable that he is troubled with an eczema. If he is the same small boy who "has always a cold" for whom you ask a tonic, he needs careful attention at the hands of a physician for the cure of both his troubles. It is particularly desirable that the child's scalp be seen by some dermatologist, so that it may be intelligently treated. These apparently trivial scalp affections of childhood are often followed by premature baldness. It is impossible to make a positive diagnosis of this boy's trouble from the description given in your note, so we regret that we should not be warranted in offering specific advice.

Stomach Difficulty.

To the Editor of BABYHOOD:

Baby Dorothy is now eight months old. As I was unable to nurse her, she was given condensed milk for the first three weeks; then by the physician's advice a change was made to Nestle's food, which she had for about six weeks. Not gaining at all in weight, and being exceedingly nervous and fretful, we decided to try the cream food which BABYHOOD advises. She began to grow from the first, and gained steadily in weight until at six months she tipped the scales at 16½ pounds, and looked the "picture of health," though still rather peevish and wakeful. Two weeks later, while on a visit to her grandparents, she began to refuse her milk. Twice she went nearly a whole day without any nourishment. Then she began to vomit badly, though taking small quantities of milk, and occasionally refusing it altogether. She seemed better for a time after returning home, but the trouble still continues until we are becoming anxious about her, especially as she weighs less than at six months. The vomit looks like milk mixed with phlegm, and what we suppose is bile, as it leaves a green stain.

Now, does BABYHOOD advise a change in her food? I ought to have said that we sterilize the milk, using an Arnold sterilizer, and exercise great care in cleansing bottles and nipples. No teeth have yet appeared, though the gums seem some swollen. Friends tell us that that is the cause of the trouble, but we cannot believe that it is.

We temporarily overcame constipation, with which she has always been troubled, by the use of magnesia instead of lime-water in her milk. In no other way could free movements be secured, oatmeal water and glycerine suppositories both proving of little value in her case. Please advise us in our anxiety and perplexity. BERTHA B. F.

Gainesville, N. Y.

The presence of a good deal of mucus (phlegm) in the vomited matter suggests the probability that the child has from some cause a catarrhal condition of stomach. If so, she may need a temporary change of food. But to determine the matter requires a careful investigation by a medical man at hand.

Voracious Appetites.

To the Editor of BABYHOOD:

My baby girl will be ten months old in a few days. Since her sixth month I have fed her on barley-water and condensed milk, which agrees very well with her. She has but two teeth and is quite small for her age. She always was a greedy infant, no matter how much was given her; when there was no more food in her bottle she would cry. Since a month she has improved and seems satisfied, but if I fed her every half hour and gave her a pint bottle full, I really think she would not refuse to take all this. Would you please tell me what makes her thus? I have been a subscriber of BABYHOOD since July, and have fed her according to the information given me.

When a child is ten or eleven months old, how often can it be fed and how much should it get at each feeding? I would also like to know the quantity of condensed milk to be put with her barley-water. Should it be increased as she gets older?

San Angelo, Texas. MRS. A. R.

Why one child is more greedy than another is as hard to tell—except in generalities—as why one adult eats and seems to need much more food

than another whose bulk and occupation are about the same. Besides normal variations, there are many disarrangements of the digestion which increase greediness, and if the stomach is habitually overdistended, an artificial demand for bulk in food seems to be created.

When a child is ten or eleven months old, about six meals a day are needed—at 7 and 10 A.M., 1, 4, 7 and 11 P.M., or thereabouts; that is to say, every three hours during the day and a good night meal when the parent retires. The quantity of condensed milk at that age should be enough to make the mixture about as strong as cow's milk of good quality. The precise amount varies with different preparations or brands, directions usually appearing on the label.

Condensed Replies to Various Letters.

X., New Mexico.—(1) "The Hygiene of the Nursery," by Louis Starr, M.D., is the first authority on the subject. If you can have the manual of Uffelmann also, it would doubtless be valuable. (2) See BABYHOOD, April, 1891 (page 159), on "The Record of the Baby's Mind and How it May be Kept." The books you refer to are all good; but a better series for you would be the "International Education Series" (D. Appleton & Co.), edited by Prof. W. T. Harris, in which the Preyer book was published, and which list you will find in your volume of Preyer. The two works of Perez. "First Three Years of Childhood" and "Mes Deux Chats," are, perhaps, the best addition to the two you already have. If you have access to a library, look up the magazine articles referred to in BABYHOOD; also read Dr. G. Stanley Hall's new magazine, *The Pedagogical Seminary*.

An Appreciative Subscriber, Fort Sherman, Idaho.—Apparently there is nothing peculiar about the case of your child. It has two teeth and probably has others on the way which make the child somewhat uncomfortable. Tact in managing her will doubtless bring her back to regular habits to a certain degree. With every month a child gains intelligence and this intelligence is largely exerted in having things its own way. We do not know about "transition periods," except that every change in an infant's development is a transition, every day and every hour brings one. Some processes in development, like the appearance of the teeth, for instance, are more evident to the eye, and become mile-stones, so to speak.

A child of ten months should have two naps if possible; the amount of sleep needed varies with different children. We should say that two hours a day should be the least to be aimed at (a younger child should have still more—as much as she will take). It is of no consequence on which side the child sleeps. When she can turn, let her consult her comfort; until then alternate the side on which you lay her down. If a child of seven months goes to sleep at 7 P.M. and sleeps till 3 A.M. there will be no harm in nursing her then if she seems hungry. Usually a nursing at the parent's bedtime is preferable, but, if the child is likely to remain awake if taken up, she may be nursed when she wakes instead.

Weaning, supposing plenty of breast milk, may begin at any time after ten months, according to season. If there is not a plenty of milk it begins when it must. It is begun by substituting a bottle in place of one meal, then two, and so on. You will find the process and suggestions of foods abundantly described in your back numbers. Your present intervals of nursing will be long enough until she is weaned, and probably for a good while after. If a child is weaned when ten months or upward, the question of sterilization depends entirely upon the quality of the milk supply.

A baby will usually not stop wetting at night—*i. e.*, wetting without waking to give notice of its needs—till long after it is a baby, until, indeed, it ceases to live largely on liquids. After that time if the child is taken up to wet during the evening, say at nine o'clock, it may go till morning, when it may wake its attendant.

Mrs. W. B., New York.—Your questions have been answered in BABYHOOD many times before, but we answer once more. Condensed milk has but one advantage that we know of over natural milk. It is promptly sterilized in the process of manufacture. In every other respect we prefer natural milk. We much prefer herd's milk to one cow's milk, as it averages of better quality, being less subject to variations. If one has control of an exceptionally good cow, it will do to rely upon her.

K. G. H., Fern Bank, Ohio.—If you wean your child at one year of age, his diet will probably best consist of good milk with some preparation of cereals. At the first let this preparation be a gruel of oatmeal with a little lime-water. Later he can, but very gradually, take thin porridge, and so on to ordinary porridge with his milk. After he has taken the milk and gruel for a time, let him try bread crusts with the juice of meat. A child can not be said to take "milk between meals," if properly fed, because milk will constitute his meals and they should be given at fixed times or at least fixed intervals. Give the milk and gruel from a cup; there is no longer need of a bottle. Do not let him come to the table. Give him his meals preferably before yours, and he will be less likely to desire the food he sees on your table.

THE TYRANNY OF WHIMS.

BY MRS. W. A. KELLERMAN.

"THERE ought to be a law passed prohibiting mothers from taking their children with them when they go visiting until said children have been properly trained," said a gentleman to me a short time ago. The immediate cause of this outburst was the behavior of three small children at a dinner table. The children were exponents of three different families, and these families were from three different States; they may be classed with the average or golden mean of American society in intelligence, culture and social position. Their children are from birth admitted into the family circle, instead of being relegated to the nursery, and before they are two years old are allowed a seat at the family table.

The conduct of these children was so like that of many other children, that a study of it may not be unprofitable to the readers of BABYHOOD.

This dinner that I speak of may serve as a sample of hundreds, given everywhere. It was at a beautiful country residence, to which friends from the East and West were invited. There was no attempt at display. The hostess herself served her guests quietly and daintily. Now that the conditions and environment are understood, we will proceed at once with the dinner. It was with genuine satisfaction and pleasure that host, hostess and guests gathered around the table to partake of the bountiful dinner. The three small children I will designate as Nos. 1, 2 and 3, according to age; No. 1 being scarcely two, and Nos. 2 and 3 three and three and a half years old respectively. No. 1 is taken in its mother's lap; Nos. 2 and 3 sit in high chairs. Trouble begins at once. No. 1 takes possession of her mother's butter dish—the mother protests, so does No. 1. The hostess deftly supplies another dish. No. 1 wants a spoon to feed herself, but her mother prefers to serve her; then she cries. Her mother gives her chicken; cuts it up in small bits; but she wants a chicken bone in her own hand; her mother does not heed her wishes and she cries again; she finally gets the bone, but is criss-cross generally and wants to get down; down she goes; the side-board attracts her attention and she makes a bee line for the objects upon it; the hostess quietly places them beyond her reach. She tumbles down next; cries again; her mother rises from the table and goes to the rescue. At last, finding there is "no peace" with her present, she carries the child away.

Meanwhile No. 2 wants mashed potatoes; wants butter spread smoothly over the top of them; wants it *just so*, and no mistake about it. The potatoes must be mashed exactly so flat, and not vary a hair's breadth, or this second Shylock will assert his rights in imperative tones. He also wishes chicken gravy, and hearken, while he is being served: "You didn't put any gravy here, and here, and on this side, and round here," he exclaims, indicating with his fingers the various portions of snowy potatoes not yet submerged in the delicious gravy. *Now* hark—he wants a cup of tea! His mother sanctions his wish and a cup of tea is given him; that whole cup of tea he literally *sucked* from his spoon; his mother remonstrated quietly, but the disagreeable noise increased in proportion to the remonstrations.

No. 3 wanted mashed potatoes with cooked tomatoes. The unfortunate mother made one unhappy movement with her fork—in spreading the tomatoes over the potatoes. No. 3 was not to be imposed upon in any such fashion! "No! I won't have them that way! I don't want the tomatoes mashed down *in* the potatoes!" and with mouth drawn down and a scowl like a thunder cloud she pushed the dish to one side. "Now," she said, after her mother had removed the contents of the unfortunate plate, "I want some tomatoes and potatoes," and she explained in detail just *how* the tomatoes should be applied *to* the potatoes.

No. 2 was ready for cake before the cake was served, and insisted on having a piece. No. 3 wanted to cut her pie herself with her spoon, and

her mother did not dare to assist her for fear of an outbreak, though she was in constant dread lest the pie and plate would be overturned into her darling's lap.

It is needless to say that both hosts and guests were in very unenviable circumstances. The former felt sorry for the interruptions, which, in spite of all efforts to ignore them, destroyed the harmony of the conversation and detracted very much from the enjoyment of the dinner. The mothers were chagrined, embarrassed, mortified.

What was the trouble? Mothers with little ones must deny themselves many outings. It would certainly be cruel to "prohibit" them from visiting their friends and relatives. Can anything be done, therefore, to bring about an era of "properly trained" children? Is it not possible for every mother, even taking into consideration her acknowledged manifold household duties, to give her little ones sufficient attention and instruction to insure proper conduct, at least in the *ordinary*, every day, *common sense* polite manners?

If children are allowed to be impolite at home, they cannot be expected to conduct themselves otherwise when away from home. If they are daily humored in every whim, they will insist on being humored. How many mothers have No. 2's to contend with? How many mothers have exchanged plates with No. 3's, and supplied a second plate to please the young empress? Is it right to countenance, to encourage these petulant whims?

Suppose you serve oatmeal, cream and sugar. You put the sugar to the right or left of the center of the dish of oatmeal, and the little prince or princess wishes to have it *directly* in the center; or you put it in the center, and they choose to have it around the edge, down in the cream. Suppose they want the sugar on first, and then cream, or *vice versa*, and you happen to make a mistake and do the opposite of what is wished, should a new dish be supplied, think you, and prepared exactly according to directions? It is just such little things which must be considered and properly dealt with, if "properly trained" children are to abound and abide with us.

It is so much easier to acquiesce in all the numerous wants and wishes and whims, than to make the little ones understand what is proper, because we do not like to have them cry. We do anything to quiet the little voice. They are humored because it is unpleasant to have them frown and scowl and cry and "create a scene."

It is perfectly natural for children to assert themselves. There is an innate tendency, inherited by every human being, to struggle for supremacy, for "existence," to strive for the ascendancy. The individual struggles combined have made possible the progress of the race. It is the mother's privilege and duty to guide and wisely control this energy. The guidance must be constant and uniform. It must, as it were, radiate from the mother, like the genial yet powerful rays of the sun. *Kindness*, *gentleness* and *firmness* are the tools with which a mother may build for her little ones the most admirable thing in life—a beautiful character.

THE MOTHERS' PARLIAMENT.

Rushlight Psychology.

"'Ead Laula pitty 'tory," coaxed a wee girl, depositing on her mother's lap a book that she had brought for the purpose, and leaning against her with eyes raised in fond expectancy. My friend opened and turned the volume toward me, but kept her countenance. "Bricks without straw," was my amused comment, seeing that it was a pocket dictionary she held. But I was mistaken in not taking into account her personal resources. Running her eyes down the page, they fell on the word *cocoanut*, and with a little clearing of her voice and gentle painstaking with her little listener's position—to gain time, I suppose—the story began:

"A long time ago and a great way off, in a country where it is summer always, there stood a cocoa palm tree. It was the first that ever grew. Not in all the world was there another tree of that kind, to bear cocoanuts. It bore none till it was seven years old. All that time the tree had

been growing tall. It was not like any trees we know, such as maple and oak, for a cocoa palm has no branches and no leaves except at the top."

"Where do the wobins make nests?" interrupted Laura, showing that she followed the description closely.

"I—think," hesitated the story teller, "the birds must have built in bushes or on the ground, because this tree went straight up like the liberty pole on the square."

"With a flag on it?" inquired the child.

"Like the pole itself, with or without a flag. But at the top grew long leaves, and stems of cocoanuts, each as large as a baby's head. You know how a cocoanut looks, don't you?"

"Monkey face on it," was the satisfactory response. (Later my friend told me that this remark of Laura's suggested the monkey of her improvised story.)

"Well, the tree ripened its fruit four times a year, as many as a hundred nuts in all. A man —no, a monkey—climbed the tree one day to get some. He picked one of the cocoanuts and threw it into the sea just for mischief, for this tree grew close to the shore. The nut was frightened and called to the tree, 'Oh, mother, take me up out of the water. My green frock is all wet, and I shall drown.'"

"Oh, it's a p'ay story," put in the smiling child, with ready discernment.

"Yes, it's partly a play story. But the tree replied, 'My dear child, I have no arms that I can reach you with. Do not be afraid. Your hard shell is as good as a boat. In it you will sail away, away, to seek your fortune. And I hope somebody will be the better for you.'

"First the ocean waves bore the nut to the north, where the weather is cold. And the nut felt very homesick, knowing it could never prosper there. By good fortune it struck another of those rivers that flow through the sea, and it then floated southward a long, long distance, till it lodged on the shore of an island much like its home. Here sprouts grew out of the spots, like eyes, on the end of the cocoanut, and a stem rose from the ground, and it became a tree like the other. But this young tree was half way around the world from the place where the nut was grown. By and by, when the tree was old enough, it bore fruit, too."

"For monkeys, mamma?"

"Better than that, dear. There was a little girl playing under the tree. She had a dark skin, and wore no clothes, because the weather was never cold. On her neck she wore a pretty string of corals. A cocoanut fell to the ground when a wind passed by, and the child rolled it for a plaything. Afterward her dark skinned papa cut it open, and her dark skinned mamma ate some of the rich meat, and gave the little girl the milk that was inside, with half the nut shell for a drinking cup. Oh, they were a happy family and wanted for nothing!

"Some of these nuts sprouted and grew where they fell, till there was a forest of cocoa palms. More were carried away by ocean currents, and when they found a good place, there they made themselves a home, till all the warm countries had trees and raised cocoanuts. Ships carried the fruit to sell in other countries where it would not grow. That is why we have it in our market. And at present the people who first ate cocoanuts make cloth and various other things of the outside husk. In fact, the nut bearing trees are useful in so many ways, that a man who owns a few is rich.

"And now my story is done."

"T'ank you, mamma." The child raised herself to bend over the book that lay on the lap with her, adding— "I *wis*' they'd made a picta of the 'ittle dirl wiv a dark skin and beads on." It seems worth noting that the human element in it adorned the tale for her. Children love stories, and a story illustrated is a double delight—facts never so fully recognized as in the present expansion of literature and the pictorial art. The "pitty 'tory" that this child had bespoken, when told was truly not of the "syndicate" order, but it shall be credited with answering its purpose to amuse, and something more—which is not essential in all cases.

I heard Laura retell the history of the cocoanut to her doll several hours after it was told to her. It was given with a fidelity impressive as to the firm hold narrative has on the child mind, and, by suggestion, as to the responsibility of those who furnish stories for this class, either with tongue or pen. Not less did it suggest careful inspection of the mental food to be allowed in tender years.

A slip of memory or a confusion of ideas occurred where Laura's mother had jumped from man to monkey; Laura's doll (it can hardly be suspected in the interests of Darwinism) was informed that *a monkey-man* climbed the tree. At another point the little mother added a decided embellishment, changing her voice to a funny squeal when speaking for the cocoanut baby afraid of the water. That was purely out of her

own imagination, since there had been no affectation of the sort in the story as originally told.

To return to the moment Laura left us, her story-hunger appeased for the present: "Woman," I observed with dramatic intonation, "you must have sat at the toes of Jules Verne to be capable of the truly scientific and truly absurd account just given your young daughter."

"Are you starring as a reformer?" pleasantly retorted my friend. After a moment she went on seriously: "Parable, allegory, fable, fiction, in their beauty and utility, rest on too good authority to be questioned at this day. My child is only ordinarily intelligent, but she knows what a 'play story' is even before knowing her alphabet."

We agreed that the typical story, "Little Red Ridinghood"—one that "caught on" no less than did the "Arabian Nights" with children of a somewhat older growth—is so clearly a capital farce, with its conversational wolf donning the grandmother's cap and making believe, that no child ever could or would be struck with anything in it so much as its irresistible drollery. "Jack, the Giant Killer" is a companion extravaganza; the two women in council vainly explored our own childhood to discover a period when we did not know the story, not merely by rote, but know and relish it for all it is worth of impossible setting and fantastic coloring—a prestidigitation for the ear. Was there ever a child who took "Mother Goose" seriously and inquired how a cow could jump over the moon and a dish run away with a spoon?

We coincided in opinion that the child's enjoyment of Santa Claus is not enhanced by accrediting his personality and the actuality of his reindeer and chimney fascinations and that, indeed, such credulity is uncommon. Sunday-school-tots before the dazzling Christmas tree, half wild with delight at the appearance of the patron saint of childhood, are simply filled with an intense curiosity as to whose are the familiar form and face within the grotesque frosted robe and bearded mask. Finally we "resolved" that the psychological study of childhood, whose introduction into this country marks an educational era, is the true key to child training; also that our purveyors of juvenile literature have a perpetual challenge to displace the reigning old stories with others thoroughly rational, better unified with the world's advancement, and not less captivatingly dear to the hearts of our children.—*Lavinia S. Goodwin, Boston.*

Hawaiian Babies.—While the use of swaddling clothes for babies has always prevailed on the other side of the Atlantic Ocean, many mothers who live in the various islands of the Pacific have never heard of the custom. In the Sandwich Islands very little clothing of any kind is used by the native women for their infants. Soon after the dusky atom of humanity is ushered into the world, it is clothed in a little "Mother Hubbard" wrapper and a diaper. No flannels, no bands, no skirts and no footwear are used, except by the aristocracy and by the resident white people.

The usual resting-place for the little native is a pillow, which is placed on the floor in a dark corner of the room. Sometimes this pillow is stuffed with feathers or hair, but more frequently it is filled with *pulu*, a soft downy substance which is found in the heart of the fern tree. The babies grow up without any care. They will lie for hours at a time on their pillows, and are often only taken up to be fed. They are fat and smiling and happy, and will coo to themselves all day long.

Babies are often dipped into the warm waters of the Pacific, and long before a child reaches the age of two years, it has been taken into the sea by its parents, tossed upon an incoming wave, and being told to *aoao* (swim), it strikes out with its tiny limbs as intuitively as does a young puppy. At three years of age the children are expert swimmers. But the bath as we have it for our little ones is an unheard-of institution. Though the natives are a water-loving people, they merely bathe for the pleasure of being in the water, cleanliness being a secondary consideration. A woman, directly after the birth of her child, will go to the nearest pond or stream, and take a good swim for the purpose of becoming "cleaned inside and outside," as she expresses it; but the bath, with its accessories of sponges, soap, towels, powder, etc., is unknown to her.

After a baby is two or three months old it eats almost everything, and it is a very common sight to behold an infant of six months sucking on a piece of dried fish from which the bones have been removed, and before it is a year old it will eat such things as pork, sweet potatoes and cabbage without any injury to its digestive organs.

Mosquitoes are very numerous in the Islands, and before mosquito nets were introduced there by foreigners, the natives were wont to anoint the head and face, and frequently the whole body, with cocoanut oil, which was effectual in driving

the insects away. Many of the lower classes still adhere to this custom, and smear themselves and their children according to ancient usage. In two or three days the oil becomes rancid, and the odor is very disagreeable, but the mosquitoes are vanquished.

The white or foreign babies have more clothing and more care than the natives' children, but many infants wear, besides the dress and diaper, only a little flannel shirt. All the children, white and black, go barefoot until they reach their teens, and many beyond that age, and I know that it does not injure their health or their feet.

Let me give a little personal experience for the benefit of your correspondent, "Nurse," from Honolulu: I have an only child, and when she was seven years of age I took her to the Hawaiian Islands to live. From infancy she had suffered with throat and lung troubles, and at seven years she was a delicate, puny child, who had required constant care. In Hawaii she did as Hawaiians do, went barefoot and wore only light clothing. She ran over the country roads, through meadows and sugar cane fields, and never were her feet bruised or sore. An occasional cut from a sharp stone or a splinter from a rail fence were the only injuries she ever sustained. She grew strong and stout and rosy, and when at fourteen she returned to her New York home, there was not a trace of any early weakness.

The climate there is so mild that one can live out-of-doors most of the year, and Hawaiian babies grow up plump and healthy, and give little worry or labor to their mothers.—*A. R. A., New York City.*

About "Between Meals."

—A mother writes in the November BABYHOOD about her method of managing her children's "between meals." I have five healthy children whose appetites are of the very best, but I never have allowed them to eat anything between meals, considering the habit unnecessary and pernicious.

If the children are taught from the very beginning to eat all they want and need at meal times and taught to wait till meal times they will never require food for "between meals." It is a very injurious habit, giving the digestive organs undue labor, and crowding upon the time when the food eaten at the table should be digested. I know that it is hard to refuse children food when they ask for it, and so when mine did ask for it I said, "If you are hungry enough to eat dry bread you may have it." Nine times out of ten it was refused, thus proving that they were not really hungry, and they soon learned not to ask and not to want "between meals." Their appetites are always good, and I have never had to pay doctors' bills for indigestion. But give children bread and butter and milk, pie and cookies, between meals, and of course they want it, but do not need it. The result is trouble for mother and children.—*C. M. L., New York City.*

Hints for Cold or Rainy Weather.

—Walter was three years old in June. His sister is fourteen months younger. Both children took their first cold of the season when the severe weather came in the following March. Out-door play was out of the question, and the only place where they were really safe from draughts in the old farm-house one very cold day was the sunny south room where they sleep. This room was aired while the children ate their breakfast, and I left them there to amuse themselves while I was doing the morning work.

The bed being unmade, I gave them permission to play on it, and as I left the room, Walter was saying: "Get on the James Slip boat, Mary! I'm the man to *oar*, and you're the man to jump around!" After some minutes, I took a pile of picture books to the people on the "boat." They settled down to their new amusement, and I again left them. The next change offered was the box of building blocks. The boat was abandoned for "railroads" and "trains of cars." When I was ready to sit down awhile to sew carpet-rags, the blocks were scattered over the floor. They do not fit into their box easily, and the children do not like to put them away. I proposed that they be bakers, and peddle bread, biscuit, crackers, etc., putting them in my bread-box, as I bought them. In this way the blocks were soon stowed away. Next, the assortment of carpet-rags offered attractions, and the children had a color lesson in trying to sort the rags into piles of different colors. When this lost its charm, they had needles and thread to help sew. Mary is already quite handy with her needle.

When it was time to get dinner, I left them to make music on combs covered with paper. After dinner, both children were glad to take a nap, each on its own bed. On waking, Walter cut pictures from a paper with scissors blunt at the ends, and then pasted them into a "scrap-book" made of a newspaper—this work of art to be for

sister Mary when finished. A sheet was spread over the carpet and an apron tied around the paster. Mary was an interested spectator. A discarded tooth-brush of Walter's was used to apply the paste. By the way, I find that small tooth-brushes may be bought with printed labels on the handles. Walter's is "Papa's Pet," Mary's is "Mamma's Darling." These distinguishing marks are a great convenience. There was still a little time before dark, and the children strung buttons.

After supper, stories are always expected. The Natural History series of books, by James Johonnot, please better than any others. These are beyond their comprehension, except the first two, "Book of Cats and Dogs," and "Friends in Feathers and Fur;" but the pictures in all the series interest them, and the stories are easily simplified.

At bedtime, Walter was given a cent for his bank, because he had told mamma every time his nose needed attention during the day.

I think there are few occasions when money may be offered as a reward, without danger of teaching wrong motives, but I can see no harm in such an instance as the above, nor when a cent will help a child to refrain from sitting on damp ground, or otherwise endangering his health. —*E. E. M., Selden, N. Y.*

A Few Suggestions to Young Mothers.

—In binding a baby's blanket or square of flannel, use silk flannel binding instead of ribbon, as it looks better than ribbon after it is washed, and wears longer.

In preparing to give the baby his bath, wear a large apron made of the wide white rubber which can be bought at any rubber store, bind it with tape, and have tapes to tie around the waist. Over this apron use a baby's bath sheet of Turkish toweling. It is well to have two bath sheets, to insure one being clean while the other is in use. These sheets are sufficiently large to wrap around the baby. By patting or rubbing him gently he is soon dry. For the creases in his legs, under his arms, neck, etc., use a soft towel. Nothing is nicer for this purpose than a towel made of cotton diaper, for after being well washed the cotton is soft and absorbs water readily. Of course, these towels should be distinctly marked and not allowed to become mixed with Baby's diapers.

To wash the ears use a small cloth made of old merino gauze, the thinnest quality, and for the mouth use fine linen cloths, upon which, if the baby is old enough to have teeth, rub a little tooth powder composed of precipitated chalk, orris root and a very small quantity of pumice stone, well mixed.

Have a small plain pin-cushion for Baby with a white linen slip cover that can be washed. Two covers give a change. The lace and ribbon pin-cushions are pretty, but they are easily torn or soiled and their beauty is soon gone.

Have two sponges for Baby, one to be used exclusively for his face and head.

Baby's feeding bibs made at home of white rubber cloth are better than those bought, and the white rubber cloth is more satisfactory than the marbleized oil cloth, as it does not crack.—*P. L., Washington, D. C.*

Nursery Literature.

—Perhaps other mothers have shared my perplexity in finding books that are suitable to read to a wide awake little three-year-old. There are good books in plenty for older children, but the wee tots seem to have been forgotten. A book a friend sent to my little Dorothy a few months ago has been an unceasing source of delight—"Prince Dimple and his Every-day Doings." It is just the ordinary doings of an ordinary baby, told in such a witching way that Dorothy never tires of listening, nor I of reading. There are also cute little songs with which Dorothy likes to go to sleep. It isn't a book *about* a child, but *for* a child. It has helped me through so many rainy days and "fretty" times that I want all mothers to know about it.

May I add my thanks to those of thousands of other grateful mothers for the help that BABYHOOD bestows upon young mothers who want to do the best possible thing in the best possible way for the precious little ones?—*E. C. L., Watsessing, N. J.*

Washing the Face.

—One of the writers in BABYHOOD not long since advised all mothers to attend to the washing of their babies themselves. I would like to make a similar plea for older children. If their mothers cannot attend personally to their toilet, I would suggest that they should at least teach their nurses how to wash the children's faces without exasperating the little things past endurance. A nurse generally makes a general sweep of her sponge or wash cloth all over the child's face, covering both mouth and nose, and thus interfering seriously with breathing.

Of course the child is irritated and cross, pulling away its head and rebelling generally. Then the nurse gets irritated, and one temper acts on the other, till there is a first-class rebellion in the nursery. The father or mother, hearing violent screams, hastens to inquire their cause, and is told that the child will not be washed.

The child by this time is fully aroused, and too excited to obey parents or nurse, and very likely a whipping closes the scene, which might have been easily avoided. Even with the greatest care, the process of washing a child's face is always disagreeable to it, and therefore it is necessary to take especial pains to make it as unobjectionable as possible by washing one portion of the little face at a time.—*A. P. C., Boston.*

Talking about Children in Their Hearing.

—It is quite impossible to tell just how young a child comprehends all that it hears, but that it "catches on" (to use an appropriate slang) to what its foolish parents say about its cute pranks and little naughtinesses, at a *very* early age, the *observing* parent will soon discover.

The habit is to be greatly deprecated. It is of serious injury to the children, making them vain, puffed up in their little minds, and disagreeable. "Oh, Frank is as ugly as he can be lately; he just strikes his mamma and kicks and screams every time I go near him," remarked an injudicious talking mother of her little two-year-old, who forthwith showed that he comprehended what she had said by repeating the performance. Now, what possible good did it do the mother or the child to make this remark? It did none, but positive harm. Would it not have been more sensible in her to have quietly but conscientiously studied out the cause of the child's *apparent* naughtiness—for there is a tangible cause for such actions in the physical condition or the external surroundings—and then have patiently set herself about correcting it?

Set it down in your notebook that nothing will so quickly foster ugliness as to tell a child that he is ugly, hateful or mean. Oh, tired, tried and impatient mother, seal your lips against such foolish, *wicked* remarks! Take ourselves—who "are but children of a larger growth"—can we recall any benefit we ever received from a cruel, hateful remark? Has it not rankled in our hearts, and borne bitter, unkind thoughts, instead of prompting to a better life? Then how much more in the tender, impressionable heart of one of these little ones!

Unfortunate also, but in a different direction, is it for the fond, doting parents to relate before their friends, and in the presence of "little pitchers," the shrewd tricks, wise words and cunning exploits of their children. Certainly if you desire your friends to like your children don't do it, for this training is sure to make the children so disagreeable, that they cannot. If we must talk about our children—and it is of course right and pleasurable—let us be discreet and not do it in their hearing.—*Estelle Mendell.*

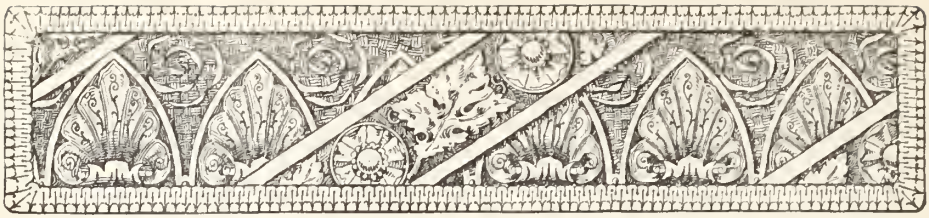
Cured Without Braces.

—In the November BABYHOOD a mother asks about braces for a child who stoops. When my little girl was about five years old, she showed a tendency to stoop and carry herself badly. I succeeded in curing her without braces, and by very simple means.

First I took away the ordinary sized pillow on which she was sleeping, and substituted her little baby pillow, which made her lie flat and straight at night. Then I took her regularly to a good gymnasium and at home taught her to walk about with a flat piece of wood balanced on her head. We made a game of carrying it safely, pretending she was carrying water to a thirsty army; and she could run up and down stairs without letting it fall. In two or three months the stoop was gone and it has not returned.—*T. B. C., Philadelphia.*

A Quietus for the Baby-Waker.

—If "Paterfamilias" (of November number) will place a board above the chicken roost, at such a distance that Chanticleer will knock his head against it when he stretches up his neck, the bird will be so astonished that he will forget to crow and Baby can sleep undisturbed.—*C. F. T., Redlands, Cal.*



THE CHILD AND THE MAN.

BY A. L. H.

I SIT beside the small boy's cot
(He's four) and watch his closing eyes;
Long his blithe spirit tarries not
Till sleepward off it gaily flies.

"Papa!" he cries, his soul intent
To tell some story of the day;
But sleep and wakefulness are blent
So close, what 'tis he cannot say!

So there I watch (lest bogey-man,
Whom still he fears, should come that way),
And, as he dozes off, I plan
His future to his latter day.

That chubby face, where soft, I think,
As petal of the rose, is seen
His cheek, and doth a dimple sink
To show where laughter oft hath been,

Will, ere so many years have past,
Have firmer lines and deeper hue,
And his mild features gain a cast
From boyhood's strength and courage true.

These will, in turn, assume the youth;
And a clear face and steady brow
Still in my heart confirm the truth
How great the change 'twixt then and now!

Ah! if I live to see't, he yet
May be the man—aye, bearded deep;
And yet I smile and can't forget
The tender infant there asleep!

For how can fancy strain itself
To see such growth from him to man!
Grave man, the thing of cares and pelf,
And wisdom, and the power to scan

The infinite, and reason strong
On policy, religion, law—
He that lies there, his wraps among,
To think, decide, without a flaw!

I sigh, and say within my heart,
"Will he, who late from heaven came,
Wish, then, from all that power to part,
And be as he is now the same?"

THE ECONOMY OF USEFUL HABITS.

BY A. B. C.

IF children were made of plaster of Paris and proper habits could be stirred into them before they "set," much time, patience and energy would be saved the earnest mother who is anxious to instill into her children habits which will enable them to make the most of life's opportunities.

It seems, however, that every highway and by-way of life is beset with struggles; the very infant in arms begins its struggle for existence "with no language but a cry." All through life there must be a continual effort put forth in order to attain to one's highest possibilities. The child is not able to project its mind into the future sufficiently to realize that the establishment of useful habits will lessen for it the drudgework of life a thousand-fold. He does not know who has never been taught that his nerves may be trained in such manner as to render them his most trustworthy, infallible servants.

It naturally falls to the lot of the mother to

educate the nervous system of her little ones, and she must awaken to the fact that it is indeed a responsibility to lay the foundation of character. "Our nervous system grows to the mode in which it has been exercised," says Dr. Carpenter. One is automatically inclined to do the things he has frequently done under similar circumstances. Every child is placed in the mother's hands a possibility ; her mission, duty, privilege, is to unfold it ; each day one page is added to its book of life ; whether these pages will form a noble volume will depend upon her, the influence she has exerted, the manner in which "the twig was bent."

Training for special aptitudes of any kind is incomparably more effectual with, and leaves a far more lasting impression upon, the growing child than upon the adult ; hence the necessity of beginning early in life to brand, as it were, useful, helpful habits into the very nature of the child.

When a little boy comes into the house from his out-door play, he will either drop his hat where he may happen to stop, or will hang it up properly, according to the daily lesson he has learned ; whatever he may happen to play with or use in any way he will leave just where he had it last, unless otherwise trained. It is the natural inclination of childhood to pass rapidly from one object to another ; unless proper oversight and guidance are brought to the rescue, this early thoughtlessness, this carelessness, becomes habitual, and "Heaven's first law" is continually ignored. "Moral suasion" seems powerless to affect or eradicate habits which have become a part of the growing child.

There must be uniformity exercised in the training of children as unvarying as the laws of nature, as unfaltering as the earth in its pathway round the sun. The boy's hat must always be hung up in its proper place. There must be a particular spot sacred to the presence, the ownership of the hat, which nothing must usurp. The boy must put it in this place every time he puts it anywhere. If the mother is not negligent or careless in her enforcement of his doing this simple little act, he will surprisingly soon learn to do it almost unconsciously. The habit will become established, the action performed without apparent mental effort, the *nerves* have learned to take charge of the hat, and the boy is relieved of further consideration of the matter.

Orderly habits may be established in every normally constituted child by uninterrupted persistence. It is unfair to the child to chide it for disorderly habits—it is the education, not the child, which is at fault. It has been, "Hang up your hat, Tommy," one day, and the next Tommy's hat drops by his side unnoticed. The mother forgets, just as Tommy does, until a new resolution is made, "a new leaf is turned over." This oscillation between order and carelessness is the great bane, the essential hindrance to the formation of proper habits.

The loss of time caused by a lack of well grounded orderly habits is beyond computation; the amount of vexation is beyond expression. The whole household is thrown into a commotion, perhaps just at church-time, because of a missing glove. Who can count the times the shoe buttoner could not be found; how often the paper knife has been mislaid; the shears gone, no telling where, and mamma's thimble in no place to be seen. Orderly habits are not a legitimate sequence of such an environment.

How miserable the human being who must exercise his volition and consciousness concerning every action he must perform. How much time and energy are wasted in deliberation over minor matters which should scarcely require a thought. Suppose Tommy is allowed to go to the breakfast table at two, three, four or even five years of age, without first having his face washed and his hair combed, it will naturally be very difficult for him to appreciate the propriety of conforming to such customs in the sixth, seventh or even the eighth year. If he is never taught to brush his teeth until in possession of his "permanent set" (alas! how far from permanent), how much more difficult to impress upon him the necessity and importance of caring for them properly. If Tommy's finger nails are not given proper attention while he is yet too young and unskillful to care for them himself, it will take him years to learn to pay attention to the details of his toilet; in fact, it may never become "second nature" to him, and in after years he may have cause to blush because "he forgot to clean his finger nails."

The important thing, then, in education, is to make as many useful acts automatic, habitual, as early in life as possible, at the same time zealously guarding against the adoption of habits which will prove disadvantageous. It requires a certain amount of systematic heroism on the part of the mother in furnishing the material, as it were, for the so-called web of fate which winds about little Tommy as the years glide on behind

him. A continuity of training in the right direction will insure right action and result in the formation of useful habits.

"Every one knows how a garment, after having been worn a certain time, clings to the shape of the body better than when it was new; *there has been a change in the tissue*, and this change is a new *habit of cohesion*. * * * It costs less trouble to fold a paper when it has been folded already." A sprained ankle or a broken limb is always in danger of a repetition of the misfortune. It requires less force to keep a ball rolling which has been started. The nerves are not to be trifled with, if we would have them infallible; but, start them in the right direction, and never allow them to deviate from the proper course, and they will serve one faithfully to the end.

CURRENT TOPICS.

Air and Light in the Nursery.

THE windows of the room where the infant sleeps should be opened every day, so that the air which he has already respired may be renewed.

There is no fear of too much fresh air. Air judiciously renewed is never injurious; it is currents of air that are to be dreaded. But, howsoever a room may be situated, or whatsoever its dimensions, the cradle may always be so placed that it will be sheltered from drafts of air.

Nevertheless, under pretext of giving air, the limits indicated by reason should not be exceeded. Thus, on rainy days, days of snow or high winds, the chamber should remain closed, unless the infant can be taken to another apartment during the entire progress of aeration, which should never continue less than one hour.

It is imprudent to open the windows either too soon in the morning or too late in the evening.

The chamber, especially if it is small, always retains impure air, which should be expelled. To well air the room is not all, then; it is necessary that linen, soiled and wet by the infant, should not remain in the apartment, and for the same reason, vessels used for evacuation should always be kept thoroughly clean.

Neither flowers, perfume, stove nor portable cooking furnace should be in this room. During the night the use of coal oil lamps should be avoided as much as possible, for they not only vitiate the air by giving forth poisonous vapors, but also absorb a large part of the air, to the detriment of the infant. A small lamp, with ordinary oil and well trimmed, and, better still, a night lamp, will answer every purpose.

The beautiful brightness of the golden sun is indispensable to the new born. In an obscure or shaded chamber the infant languishes and perishes.

Behold those poor little beings, with countenances wan and wrinkled, who are always plunged in a black and stifling atmosphere. What a contrast to the fresh and rosy babies, which expand in fresh air and abounding light. It is, however, necessary not to fall into the contrary excess, since the eyes of a young infant are delicate organs, the susceptibility of which must be regarded. A too brilllant light striking suddenly upon them may cause cerebral or *visual* troubles more or less serious.

It is then necessary to avoid the dangerous impression produced by a ray of solar light reflected from a mirror or polished furniture, or which penetrates between the slats or openings of the shutters. Not only may this cause the infant to squint, but vision may be affected thereby in the future.—*From "Hygiene and Education of Infants," Robert Clarke & Co., Cincinnati, O.*

The Baby's Guardian.

A GENTLEMAN in southern Connecticut took not long ago a collie from the Lothian Kennels at Stepney. The dog, after the fashion of his kind, soon made himself one of the family, and assumed special responsibilities in connection with the youngest child, a girl three years of age. It happened one day in November that the father was returning from a drive, and, as he neared his house, he noticed the dog in a pasture which was separated by a stone wall from the road. From

behind this wall the collie would spring up, bark, and then jump down again, constantly repeating it. Leaving his horse and going to the spot, he found his little girl seated on a stone, with the collie wagging his tail and keeping guard beside her. In the light snow their path could be plainly seen; and, as he traced it back, he saw where the little one had walked several times around an open well in the pasture. Very close to the brink were the prints of the baby shoes, but still closer on the edge of the well were the tracks of the collie, who had evidently kept between her and the well. I need not tell you the feelings of the father as he saw the fidelity of the dumb creature, walking between the child and what might otherwise have been a terrible death. —*Our Dumb Animals.*

Regimen of the Nursery.

"NURSERY HYGIENE" really includes general hygiene in a way, inasmuch as what is necessary in hygiene for an adult is likewise suitable for an infant. It is not very often a medical man is consulted in this matter, yet it is astonishing how very ignorant people are as a rule about this important question, especially as far as nurseries are concerned.

I need scarcely say that if the house in which the nursery is, is not in itself healthy, we cannot expect that part of it to be so. The house should be placed on good soil, and every minute detail concerning ventilation and drainage should be thoroughly gone into. The nursery should be on the sunny side of the house—thoroughly ventilated and dry. Of course, where people cannot afford to have separate rooms for their children's comfort, and therefore have them in the general living-room by day and the parents' bedroom at night, the same rule must apply, as far as circumstances will permit, in the choosing of these rooms. Nurseries should not be placed on the ground floor, nor immediately under the roof, on account of the difficulty in regulating the temperature. If the one room has to be used as a day and night nursery, it of course should be of large size.

All nurseries should as far as possible face the south, and be possessed of plenty of light (two windows if possible); morning sunshine is to be preferred to afternoon. The windows should be large and capable of ventilating the room, although ventilating a room by means of admitting fresh air, and driving out the foul through a window, in the winter time is attended with considerable risk. The most simple and effectual method is to have a board cut the length of the lower sash, and about six or eight inches in depth, so that, having opened your window, place the board in the opening and close the sash upon it, and thus allow ventilation to take place between the upper and lower sashes.

I need not trouble my readers with much detail on heating, as in the majority of houses open fire-places are used in nurseries; of course, in houses which are heated with hot-air furnaces, these, if properly constructed, are quite satisfactory. The temperature of the nursery should never exceed 70 degrees Fahr., but if you can keep it as low as 65 degrees Fahr., it would be still better. At night the temperature should not be allowed to fall many degrees below the day temperature.

It is most essential that the air in the nursery should be kept perfectly pure; therefore bath-room and water-closet should be a little away from the nursery, well ventilated and disinfected. All offensive and soiled articles should be directly removed, especially napkins or vessels containing evacuations.

Carpets are a great comfort in nurseries, but they should be movable. If this is inconvenient, rugs will be found useful, as it is always advisable to have the floors frequently scrubbed, and your carpets or rugs well shaken.

The furniture should be light, so that it may be easily moved, and as plain as possible. No carved wood or thick upholstery is advisable, as dust congregates so easily.—*From the "Nursery Handbook," by Dr. James J. Marsh, London.*

Warm Clothes.

IT is a mistake to suppose there is any warmth in clothes. Animal heat is the direct result of changes going on within the body itself. Nutrition by food and the discharge of energy by exercise are the efficient causes of heat. Clothes "seem" good and warm because they prevent the cold air and objects with a capacity for heat which surround the body from attracting the heat generated with its organism. The clothing is simply an insulator. It follows that it should be light in weight, and above all things that it should permit free and full circulation of blood through every part of the system—to the end of finger and toe—and that the muscular apparatus of the extremities should be in perfect working order.

If we will wear foot-coverings, whether boots or stockings, which compress the feet and render the separate action of each toe impossible, it is simply absurd to expect to be warm-footed. Heat is the complement of work and nutrition, and if a part of the organism is so bound that it cannot work and its supply of food is limited, it must be cold. The resort to stouter and heavy clothing under such circumstances is simply ridiculous. Generally it is the stockings that compress the feet. The garter acts as a ligature, and diminishes the blood supply, while the stocking itself acts as a bandage, and impedes the circulation throughout the extremities.—*Exchange.*

Lime-Water and Barley-Water.

LIME-WATER contains but about half a grain of lime to the fluid ounce of water, so that at least a third of the feeding should be lime-water where it is used to correct indigestion. To make lime-water a piece of lime about the size of the fist should be placed in an earthen vessel; about three or four quarts of water may be poured over this, strained thoroughly, and then allowed to settle. The water should be used only from the top of the vessel. It is better to filter it before use. The vessel may be kept filled with water so long as any of the lime remains in it, when it will be necessary to add more lime.

When lime-water cannot be obtained, a small powder of baking soda—3 or 4 grains—may be added to the nursing-bottle. These rules apply when the baby is artificially fed. Should the baby be nursing the breast a teaspoonful of lime-water mixed with an equal quantity of boiled and filtered water may be given it before each time it is put to the breast.

Of the thickening substances used to help in the digestion of food, barley-water is one of the best. To make barley-water a gill of boiling water should be poured over a teaspoonful of washed pearl barley, freshly ground in a coffee mill and boiled for a quarter of an hour, then strained. It should be mixed with milk in the proportions required, two-thirds, a half, or one-third.—*From "A Handbook of Obstetrical Nursing," by Anna M. Fullerton, M.D.*

Moral Tales.

A THEORY prevails that children dislike stories with a moral, written with the direct purpose of improving them; both children and grown-up people maintain this proposition. And yet, paradoxical as it may seem, children's verbal evidence is of little worth in deciding the question. Children dislike stories which they know are meant to do them good; that is to say, a child dislikes a story which is given him to read in order that he personally may be improved. We are most of us willing to acknowledge ourselves miserable sinners in general, but we are inclined to resent a particular application of our confession. Children are quick to recognize their weak and wicked selves in fiction and to absorb the moral teaching of a story, if they are left to themselves, but indignation and contempt are aroused when the resemblance is found for them and the moral pointed out by others. In this they are only like their elders. How many readers of "Romola" have followed the course of Tito's career with a sympathetic terror, which at least has warned them against themselves, who would yet have sacrificed truth and honor, rather than that others should see in them the taint which makes them recognize in Tito a coward and a brother. Let the moral be true and it will be accepted. Children are intensely interested in conduct and especially awake to all that affects their relations with their elders. But they demand truth. The people in their fiction must be real people, not puppets. The good little girl who dies young and goes to heaven is suffered to depart without a pang or any desire to follow. Moral precepts which apply to children only, and which evidently have no weight with their elders, are either skipped or derided. The author who writes down to them is despised and rejected; but the writers who can meet them without condescension, and, while confining themselves to subjects within a child's comprehension or experience, will yet speak to them with the honesty and justice due from one rational being to another, may have as many moral purposes as they like. Few children's books survive for any length of time, which have not the stamp of sincerity upon them, and which do not also, so far as their moral argument is concerned, appeal as much to the old as to the young. I do not assert that children like these books, or that their artistic taste is not frequently disgusted with the inartistic setting of the moral; but I do venture to say that they are found to read such books over and over again, and to reflect on them, and that, either consciously or unconsciously, they are attracted by the *moral* aspect of the stories, and only repelled by the unnaturalness of the people chosen to illustrate them.—*Clara E. Collet in International Journal of Ethics.*

Babyhood.

Devoted exclusively to the care of infants and young children, and the general interests of the nursery.

VOL. VIII. MARCH, 1892. No. 88.

THE CARE OF DELICATE CHILDREN.—III.

BY HENRY DWIGHT CHAPIN, M.D.,

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EACH period of life has its peculiar perils. As infancy passes successfully, and the dangers of feeding, dentition and the rapid growth changes have been surmounted, the mother is apt to breathe more freely and feel that much has been accomplished toward raising her child. In this she is right, as each month that passes increases the strength of the infant and improves its chance of life. It occasionally happens, however, that a plump, vigorous looking infant develops into a thin, unhealthy looking child. Such a misfortune may be due to the insidious invasion of some constitutional disease, and it may take a careful examination by an expert to detect such a condition. In many cases, however, a failure in nutrition is due to the drain produced by the rapid growth of certain parts of the body, particularly when the food and digestion are not as good as they should be.

Early Growth of the Brain.

The best instance that can be given of this condition is found in the most important organ of the body, the brain, which at birth is in a watery, undeveloped state. Yet this vital structure increases so rapidly that by the seventh year it has attained almost the size found in adult life. It is evident that such a growth must call to this organ a great amount of nutritive material, which must be withdrawn from other parts of the body. The growth of bone, which is extremely active during childhood, is also a constant call upon the strength of this period. Children who grow rapidly in height are nearly always pale and thin, as the red blood corpuscles are consumed more rapidly by the bone-making process than they can be produced. The growth of muscular tissue also adds to this drain, as in early life the muscles are poorly developed and watery, and it is during childhood that they begin to attain more of their proper structural integrity and consistency. Hence, the fatigue that comes on so easily after playing or any small exertion in children.

Tendency to Anemia.

Owing to these factors, there is in every child a constant tendency to anemia which often requires to be actively combated, if vigorous growth is to ensue. By anemia is meant a thin and watery condition of the blood, produced by a scarcity of the red blood corpuscles. It is these corpuscles that circulate in the blood to all parts of the body, carrying the needed material for the nourishment and building up of all the tissues and organs. When the red blood corpuscles are drained away at the special call of some organ or organs, it is evident that the general growth and health of the body must suffer.

Growth of the Body.

It may be well to know certain peculiarities in the growth of children. Thus the principal time for growth in length of body is during the spring and summer. Dr. Money notes that about the ninth year in girls and the eleventh year in boys there is a period of diminution in the rate of growth, and in the

thirteenth year in girls and the sixteenth in boys the activity of growth is at its greatest, corresponding to the assumption of womanhood and manhood by the processes associated with puberty. The same author observes that a child in health generally gains twenty pounds in weight and ten inches in height in the first two years of life: in the third year four pounds and four inches are about the usual additions to the weight and stature. During the next six years the body increases by annual increments of four pounds in weight and two or three inches in height. After ten years the body puts on flesh at the rate of eight pounds a year. This, of course, represents an average condition, which may be increased or diminished somewhat, according to circumstances.

This rapid building up of the tissues and organs of the body must be accompanied by such an expenditure of vitality, that not only the general health may suffer, but any intercurrent disease is liable to a fatal ending. It has been estimated that one child in five dies within a year of birth, and one in three before the completion of the fifth year. Every child should be subjected to careful oversight, and if any evidence of failing be manifested, every possible means be taken to improve its nutrition. One of the best methods of improving strength is by the frequent administration of nourishing and easily digestible food. Children who are ailing may have a capricious and uncertain appetite, so that it occasionally becomes necessary to feed them apart from the general table, where a variety of non-allowable food takes away the desire for simple and necessary articles. It must be remembered that these are just the cases in which digestion and assimilation are not vigorous.

Simple and Nourishing Food.

The following articles are digestible and desirable in the feeding of little children: Beef, mutton and chicken broth, with barley and rice, all kinds of soups prepared without much grease, beef tea, roast beef and beef steak underdone, roast lamb, mutton, chicken and turkey, finely minced and covered with plain or blood gravy. Oysters, rare, and stewed in milk, or clam broth, with the clams very finely minced, often prove appetizing. Baked potatoes, thoroughly mashed and moistened with milk or gravy, are allowable. Oat-meal that has been cooked or steamed long enough to make it very soft, and covered with milk, is good. In some cases, however, where the digestion is very poor, it is best not to give starchy foods in great quantity, but to depend largely on meat and milk. Fresh eggs may be given, lightly boiled or poached, and at times scrambled. The green and succulent vegetables contain ingredients that are desirable for the system, besides being, as a rule, easily digestible. In this category may be placed spinach, stewed celery, string-beans, peas, watercresses and occasionally cauliflower. Stewed fruits are desirable.

For drink, pure milk, and chocolate that does not contain an excess of fat. The latter had better not be administered too frequently. Sometimes by flavoring a cup of warm milk slightly with tea or coffee, a child will drink it who otherwise has a distaste for it, and it may be necessary to encourage these condiments to this extent.

Children who are ailing will often require four meals a day, at about the following intervals: 7 A.M., 11 A.M., 2 P.M. and 7 P.M. The first meal may consist of one or two glasses of milk, with oat-meal gruel and stale bread and butter. If oat-meal is not desired, a soft boiled egg or a chop may be substituted. At 11 A.M. another glass of milk, with some warm soup or broth. The dinner at 2 P.M. consists of meat, two or more vegetables and a plain milk pudding. The last meal should be light, and may include a glass of milk, with some milk toast, or bread and butter. The bread should always be somewhat stale and may be varied with zwieback.

One difficulty in keeping little children to a proper diet is the fact that they are brought to the general table, where they see a variety of food and too often are given tastes of improper articles, which quickly spoils their relish for simple and proper nourishment. In cases of delicate children, where extra care must be exercised, it is better, if possible,

especially under the age of four years, to have them eat by themselves. There should always be an attendant at hand who will see that the food is properly cut up and prepared, and that the child does not consume it too quickly. By giving particular attention to such details the nutrition of many weakly children would be vastly improved. Rapid and incomplete mastication is responsible for much of the malassimilation and wasting seen at all periods of life.

Care in Clothing.

Animal heat, which is another term for vitality, is readily parted with in early life, so that every effort should be made to conserve it, particularly in feeble children. To this end, the skin must always be kept warm by being completely covered with flannels. In order to be prepared for the changing conditions of our variable climate, it is well to have three sets of flannels, the very thick, medium weight, and light weight or gauze, adapted respectively for winter, spring and fall, and summer. It is almost as weakening to be enveloped in too thick flannel on a warm day, as I have frequently seen in dispensary service, as to suffer from chilling. No matter how hot the weather, however, it is not proper to have linen or muslin in contact with the child's skin to the exclusion of a very light flannel.

Weak children are very liable to suffer from

Cold Hands and Feet.

These are caused by a weak or defective circulation, and should be obviated as much as possible by the application of warmth to the chilled members. Woolen stockings and shoes sufficiently large, having pliable soles and of soft leather, are desirable. *No child should ever be put to bed with cold feet.* The old-fashioned warming-pan that was wont to be used to take the chill off the sheets in cold winter nights, might be employed with advantage once more. Children sleeping with cold extremities do not rest well, and are apt to awaken with congested throats or irritation of the deeper organs, due to the deviation of blood from the surface of the body. In some cases it is well to dispense with sheets during cold weather, having the child sleep between soft blankets, if necessary with a hot bottle at the feet.

Night drawers made of Canton flannel are good. If the child is restless, with a tendency to disarrange or kick off the clothing, it is well to have a place for the foot at the bottom of the drawers, which are thus completely closed at the extremity. There should always be a complete change of clothing night and morning, the necessary changes being made in a warm room. Children should not be allowed to remain in overcoats or wraps while waiting to be taken out. These garments must not be put on until everything is in readiness for immediate departure, and they should be removed at once upon return.

Rubber shoes and arctics during wet or snowy weather will serve to keep the feet dry and warm. The so-called chest protectors, and all articles intended to cover only certain parts of the body with thick flannel, are not desirable, as they render such an area very sensitive to cold. Uniform warmth and protection to all parts of the body will conserve heat and vitality, besides having a very favorable effect upon digestion and assimilation.

The Dwelling-Rooms.

There is no better tonic for a debilitated person, old or young, than plenty of fresh air and sunlight. Weak children should always be kept, when possible, in sunny rooms, and be encouraged to sit or play in the sun. Of course, it is not intended to expose them to the direct rays of the sun in hot summer weather. It is better to have a different room for occupation during the day and night. The temperature of the day-room may vary from 68 degrees F. to 72 degrees, and the night-room may be a degree or so lower, according to the strength and susceptibility of the child. It is preferable to have the rooms heated by open fire-places, which afford ventilation as well as warmth.

Every child should be furnished with a cot or bed to itself, and not be compelled to sleep with an attendant or with other children. If constant attention be required, the mother or nurse can have her own bed placed just next

to the cot. No curtains or drapery should be allowed around the bed. The room can be ventilated, if necessary, by dropping a window a little from the top, and having the blinds closed with slats directed upward, which deflects the current of air toward the ceiling, whence it will slowly drop and mingle with the air of the room, thus avoiding a draft. If there is an adjoining room that can be kept open, ventilation may be obtained in very cold weather by dropping a window in the latter room, but keeping the windows in the sleeping apartment closed.

When only one room is available for day and night use, the child should be removed for half an hour early in the evening and the air thoroughly changed by opening windows and doors. A soft hair mattress placed over springs may be provided as a bed. From ten to twelve hours' sleep is desirable at night. Sometimes a nap, or a period of resting, may be encouraged during the day.

Bathing and Exercise.

Much of a tonic effect may be got from the bath when judiciously used. A safe index of the beneficial effects of any kind of a bath is the after effect. Whenever a feeling of depression or chilling ensues, harm has been done. If, on the contrary, a good reaction or glow is experienced, the desired tonic effect has been procured. In weak children a stimulant effect is desired, first affecting the skin, and secondly the circulation and various internal organs. Great care must always be taken to avoid chilling; accordingly the bath is to be given in a warm room. It is well to begin with a thorough rubbing of the body, especially the back and spine, with the hand. The child may then stand in a tub containing sufficient warm water to cover the feet and ankles. He can next be rapidly sponged with cooler water, to which salt has been added, a heaping tablespoonful to a large basin of water. After a thorough drying with a coarse towel that has been warmed in cold weather, a friction of the surface with the hand, as before, may finish the proceeding. It is sometimes beneficial to add one or two tablespoonfuls of alcohol to the water, and also to use alcohol in the friction following the bath.

Hot baths, for cleansing purposes, need not often be used when the tonic baths are daily employed. In cases of wasting disease the frequent inunction of the body with a pure oil may prove beneficial. Olive oil, cotton seed oil or cod-liver oil are alike serviceable. The objection to the latter lies in the disagreeable smell. The skin should first be sponged with tepid water, and then the oil, previously warmed, rubbed in with the hand. Children that are too weak for any form of bath may be benefited by having the skin rubbed night and morning with the dry salt towel described in a previous article.

Daily exercise of the muscles is necessary for proper growth and development. A child should not be allowed, however, to get tired out by too much walking or playing. In case of delicate children it is better to send them out several times a day, allowing proper rest between times. In summer most of the time may be passed out of doors, but in winter, particularly when the temperature is below 15 degrees Fahr., they should not be allowed to remain out long enough to get tired or chilled. The house is the safest place in damp or rainy weather, and when there is much melting snow. If children can be interested in games that only mildly excite, they will derive much more benefit than from the dull routine of daily walks.

Medical Treatment.

If much can be accomplished by a careful hygienic oversight of delicate children, it is also true that medicinal tonic treatment will produce marked benefit. This branch of the treatment should only be attempted under the direct advice of the family physician. It may be well, however, to briefly hint at a few leading principles.

Some form of easily assimilable fat is indicated to check the wasting tendency, and also to conserve animal heat and vitality. Cod-liver oil fulfills this need. It may be taken in the form of some of the more palatable emulsions or mixed with malt, half an hour after eating. In many cases the pure

oil can be taken by exercising a little care, as children are not as apt as adults to object to the fishy flavor. The need of giving oil is emphasized by the fact that weakly children so often reject all forms of fat with their food.

The anemia is to be counteracted by the administration of some of the simpler preparations of iron that will not upset the stomach. It may be necessary to give cod-liver oil and iron for many consecutive months before their good effects become especially apparent. One trouble in these cases is the poor appetite and enfeebled digestion so often seen. The occasional administration of the bitter vegetable tonics may serve to excite appetite and stimulate the relaxed mucous membranes. Considerable ingenuity may be exercised in applying the proper remedies to the continually occurring ailments of delicate children.

GETTING THE TEETH—FIRST AND SECOND.

BY LEROY M. YALE, M.D.

IN previous volumes of BABYHOOD, especially in the first numbers, the matter of teething has been discussed; but it may be taken up again with advantage, especially because from letters which come to us it is evident that certain special information is needed and that some of BABYHOOD'S statements in this matter have been misapprehended.

The teeth, both temporary and permanent, are recognizable in the jaw before birth, and in due time are developed and break through the gums. The time of this eruption varies considerably; but leaving out exceptional cases, the first tooth appears between the ages of six and eight months, and the average time is during the seventh month, say at six and a half months, provided always that the child is nursing a healthy breast.

Ordinarily, we think, the process of teething in such a child is practically painless. The gums are not very well supplied with nerves and are not very sensitive. It hardly need be said that it is one of the commonest of experiences for the mother or nurse to proudly announce, "Baby has a tooth," no previous symptoms having heralded it. And so for tooth after tooth. And such, we think, both from personal observation and from the reported experience of careful observers with wide opportunities, is the usual case in healthy children, in entirely normal circumstances. This process begins, as we have said, during the seventh month, and is usually completed for the set of twenty temporary teeth by the age of two and one-half years.

It is interesting, however, to note certain variations. It has been observed that if a child is partly fed during the time that it would naturally be nursed, the teeth appear decidedly more slowly than if upon the breast exclusively; or that if it be wholly deprived of the breast, the delay is still more marked. Whether or not the retardation has any relation to the kind of food given (if no rickets be developed), we are unable to say, since such statistics are necessarily largely gathered at dispensaries, where the fed children receive about the same food. Another great retarder of the appearance of teeth is the constitutional disorder known as rickets, which fact is quite in a line with the foregoing, as rickets is a disease especially dependent upon improper

nutrition. Nevertheless we have not been accustomed to consider slow teething by itself—*i. e.*, with no other symptom of rickets—as evidence of this diseased condition, and especially if we can find any family peculiarity as to late teething. These peculiarities are often noticed, both as to precocious and to late teething, in several generations. Indeed, we may mention, although not bearing precisely on the question, a family under our observation in which three generations have supernumerary teeth.

Now, the question comes up: If the process of teething is not only a natural one, but such an easy one as we have described it, why is it that we hear so much of the disorders of teething, or of disorders from teething? As the readers of BABYHOOD well know, there has been of recent years a great change in the views of medical men best qualified to speak regarding the effects of the eruption of the teeth upon the health of young children. Formerly a very long list of affections, some very grave, were attributed to teething. To-day—in America, at least—they are practically ignored by many of the best known authorities. The latter may be too sweeping in their skepticism, but the old view was certainly a greatly exaggerated one. The period of dentition covered about two years, and during all this time some tooth might be evidently, or presumably, in process of eruption. Hence, any disease, not contagious, that appeared during the two years, was considered as possibly or probably due to teething. With the more scientific study of these diseases, other and much more probable causes have been found to exist for each and all of them, and teething has been finally put back into the position merely of a contributory cause.

We should remark that it is not an idle difference, or one of only scientific interest, whether teething is or is not the cause of the many things attributed to it. It would be of little matter if these ailments were treated just the same, without reference to the supposed cause. But, unfortunately, even some physicians seem to have made "teething" a cloak for unsatisfactory or incomplete diagnosis, and also a reason for a dilatory mode of treatment, while awaiting the termination of the activity of a supposed cause. It is not a rare thing to find a pneumonia, especially in the upper part of the lung, overlooked, because the teething had been supposed to account for all the symptoms the child manifested.

Still further mischief arises from popular misconception on this point, and even without medical aid a diagnosis of teething is made, and then all the disturbance of the child's health is assumed to be explained, and still worse, to be unavoidable, because, as the teeth must come, these undesired attendants must follow. A great deal of remediable misery is allowed to continue, and often serious risks are incurred, through this faulty reasoning.

Some of BABYHOOD'S correspondents, who are more quick than accurate in drawing conclusions, have written us: "I know BABYHOOD does not believe that teething does any harm," and the like. Now this is not the belief of BABYHOOD. So far as the Medical Editor understands, BABYHOOD believes that the effects of teething have been exceedingly exaggerated, but it also knows that teething does sometimes cause troubles, as we shall presently mention in detail. But the point BABYHOOD has always tried to make, because it is the practical one for its readers, is that *disturbed teething or teething attended with disorders is not healthy teething.* Very often the diseased condition attributed to teething is, on the contrary, the cause of the difficult dentition.

Let us take up separately some of the symptoms most commonly attributed to the teething process.

Drooling.

This is due to the development of the salivary glands, which occurs before the ordinary time of teething. The appearance of saliva, probably because it is a mouth symptom, has been interpreted as a herald of a coming tooth, and mothers who rely upon it often have their expectations disappointed for a long time. It is probably true that teething increases the amount of saliva temporarily. More than this can hardly be said.

Pain, Tenderness and Swelling.

As we have said, in the normal process the gum is swollen before the coming tooth and is usually somewhat reddened, but is not particularly painful. The kind of irritation seems to be not so much a tenderness as one which leads the child to bite. But sometimes there is evidently pain in the gum and there is considerable heat and swelling, which may be relieved by lancing; and (in poorly nourished cases especially) there is rarely some ulceration in the mouth. This latter, however, as well as sore throat, occurring during teething, can be quite as well explained in another way. If there is pain enough to disturb sleep or to make the waking hours uncomfortable, a state of nervous irritability, usually manifested by fretfulness, is likely to follow. But we cannot consider even these mild disturbances as normal.

Diarrhœa and Digestive Troubles.

The connection between teething and diarrhœa has been considered until of recent years as beyond question. But even this is very doubtful. For ourselves, we should have no difficulty theoretically in supposing that painful teething might upset the digestion, just as in nervous older children and adults we see excitement and mental anxiety produce like results. But actually, the more the cases are examined the less certain is the relation of the bowel trouble to the supposed cause. Here again developments in the digestive organs may have an influence, and the effect of heat, either directly upon the nervous system of the child or by injuring food, is shown by the prevalence of these diseases in summer. If children are artificially fed, the greater prevalence of bowel troubles in hot weather is very remarkable. This and the benefits accruing from proper preparation of food (sterilization, etc.), leave little doubt that much, indeed most, of the "teething diarrhœa" is due to improper food. The exaggerated terror of the "second summer" and the evil repute of the "stomach teeth" (lower canines) arise from the same cause. We have heard one mother congratulate another, "You'll have no trouble with that baby, his second summer will come in winter;" meaning that the eruption of the first molars, and especially of the canines, would occur in cold weather. Now, if the teeth were responsible for the disturbance of the digestion, season would be of little consequence. The troubles attending the eruption of the canines are due to the fact that the child is already weaned, and among the poor is given or helps itself to adult food, among the comfortable classes is fed as unwisely, or at best is made the subject of all sorts of random experiments in feeding.

Skin Eruptions,

notably eczema, if the tendency thereto exists, may be excited by teething if the latter be in any way difficult. The teething, however, must be considered only as the exciting or an aggravating cause.

Cough

sometimes seems to be due to the nervous irritation of teething, and that variety of spasmodic croup which is known as *child-crowing* or *laryngismus stridulus* has been attributed to this cause. But now there is every reason to believe that it depends not upon the teething, but upon the rickety condition which also causes the difficult teething, both the manifestations being due to one cause.

Other nervous manifestations have been the most dreaded of all the supposed results of teething, such as

Paralysis and Convulsions.

Until quite recently that form of paralysis which especially affects infants and young children and which is usually called "infantile paralysis" was called "dental paralysis." Now that the disease has been thoroughly studied and its cause in the spinal cord known, all that can be said of this name is that the irritation of the nervous system, when teething is hard, favors, although it probably never directly produces, the disease.

As to the connection between *convulsions* and teething, this should be said: some authorities believe the latter is a frequent cause of the former; others again, of equal emi-

nence, doubt the cause altogether except as a contributing one. The difficulty lies in this: a child while teething has a convulsion. One person at once says, "That's from the teeth"; another, more cautious or more skeptical, says, "Let's see how is its condition otherwise," and finding an undigested mass in its stomach or bowels, thinks the latter the true cause. Or he finds other well recognized causes to be present. After all, there remain some cases in which it really seems that the only active cause is the irritation of teething, and we see no reason why it should not sometimes be such. But it should always be remembered that convulsions nearly always occur in children who have for some reason a predisposition thereto.

We have gone thus in detail over many of the disorders most commonly supposed to depend upon teething because the current opinion of special students of children's diseases differs so widely from popular belief, and because we wish to make it clear why we urge the readers of BABYHOOD to always bear in mind that while certain symptoms may be due to teething, they are at least as likely to be due to something else; and that it is not safe to take disorders occurring during the period of dentition as if they were matters of course.

The secondary or permanent teeth begin to appear at the sixth year, the first (permanent) molars coming first. It is rather odd that many intelligent persons do not know, or at least practically do not consider, that these molars are members of the permanent set. They not infrequently treat the "six-year-old teeth" as if they were only temporary and of little account. It should not be forgotten that every tooth in a child's mouth beyond the twenty which come during its first two and a half or three years have "come to stay."

Fewer ailments have been attributed to the second dentition than to the first, but these few are open to the same doubts. The only troubles which we personally have been convinced of have been some forms of nervous irritation due to the discomfort which is sometimes present.

CUTS AND SCRATCHES.

BY HENRY POWER, M.D., NEW YORK CITY.

THESE little wounds, the frequency of which in the nursery only mothers know, are, as a rule, of no more importance than their size would indicate. There may be an occasional exception to this rule, however, and it is to help prevent these rather rare evil consequences that this brief article is written.

First, a word about the reason why most do well but some do not. We read much about germs, "bacteria," etc., nowadays, much that is correct, more that is incorrect, or, worse yet, only half true. The main points are these: There are germs on every surface of furniture, skin, etc., and in all water; but not one in ten thousand will do us any harm. We know many drugs which are poisonous to those germs which may cause swelling, pain, inflammation, pus, abscess, fever and even death, when they have found their way under the skin by the smallest wound. This is most apt to occur in the case of scratches made with dirty instruments, as old files or rusty and dirty scissors.

We must treat all these small wounds as though one of the bad germs were there. Begin at once; here, one stitch in time saves not nine, but ninety-nine. Have in the house some boric acid in powder and a large bottle of *boiled* water to which some of the acid has been added until no more will dissolve, and in which the wet powder lies at the bottom half an inch thick. Have also a roll of absorbent cotton on hand and some old clean soft linen.

Wash your own hands and the cut you are going to attend to with clean soap, nail brush and towel, using hot water. Then sponge off the cut with the boric acid solution and a small wad of the absorbent cotton. Finally tie up the cut (not tightly) with a clean strip of linen which has been well wet in the same solution of boric acid. The whole dressing may be taken off in twenty-four hours, if there is no improvement or the cut be large, and renewed in the same way as at first, except for the soap.

By this method cuts heal more rapidly and with less pain and throbbing than with ordinary dressing; there is also comparatively little danger of any of the different evils spoken of above.

BABY'S EARLY LANGUAGE AND HABITS.

BY VIRGINIA FRANKLYN.

A LITTLE nonsense now and then," is relished not only by the best of men, but by the mothers and babies as well. The strong, active year-old child appreciates and enjoys the romp with mamma, and the soft, cooing talk which only mothers know just how to use. And as the little one begins to lisp his own baby words, mamma is his teacher, and, in his eyes, is all that is most clever and brilliant.

While infant speech is the sweetest music in the world, and the mistakes in pronunciation are very amusing, it seems almost a pity that, as Baby begins to talk, he should be deliberately taught to call things by the wrong names; that he should exert his tiny brain to learn that which, in days to come, he will be obliged to unlearn. Why not talk to him in the simplest language possible, but as if he were a civilized human being, and not a small Choctaw or Comanche Indian, or some being who is to use in after life a speech entirely different from that employed by his parents and relatives? While Baby cannot say "cars," "hands," "thank you," the substitutes of "choo-choo," "paddies" and "ta-ta," will do very well. Let him call a cow, "moo;" and a dog, "bow-wow;" and a sheep, "ba-a." There is some sense or reason in this; but when he is able to name them properly, he should do it.

The strictest mother cannot fail to take actual pleasure in the little one's mispronunciation of words which he aims to speak as his elders do. This is natural, and the baby's mistakes are the sweetest nonsense. But it is sheer folly to teach a child a dialect of his own, and one that is utterly unintelligible to ordinary mortals. I have now in mind one small boy of nearly three years of age, who can talk with perfect distinctness, but whose language is so thickly sown with

words of his mother's and his own especial coinage that outside of his family he appears like a half-witted child. The first time that I had the pleasure of a call from his mother, he accompanied her, and said sweetly at my expressed regret at having to tell him good-bye, when his visit was ended:

"No-no nee! Tee-tee Weewie no no go out of houzie if you nee." Which his mother informed me was, being interpreted:

"Do not cry! Little Willie will not go out of the house if you cry."

By the time I had known him several months, I learned that "nee," was to "cry," and "tee-tee," was "little." When he said, "The tee-tee bow-wow nees," it was not strange that the average listener was mystified as to his meaning.

There is no kindness in allowing a child to use this sort of language. It is quite as easy for him to learn the proper words in the beginning, and, once acquired, they will serve him forever. Otherwise, as he outgrows infancy, he will have the mortification of being laughed at, and the added mental strain of learning what is equivalent to a new tongue.

In our anxiety to indulge or to "show off" the little men and women, we too often lay up a harvest of trouble for them in the future. This year they are allowed to do that for which they will next year be punished. It may seem excessively funny to some people to see Baby Jack slap his nurse full in the face, but when sturdy John tries to strike her he is whipped. It is so cunning to hear the baby girl lisp "I won't" that it does not occur to the doting mamma that a year from this time she will punish her small daughter for disobedience.

Not long ago, a mother told me of how her husband had taught his eighteen-months-old boy to stamp his foot, and say, "Darn the luck!"

"But," I queried, "won't he say it in earnest as he grows older?"

"Oh," was the careless rejoinder, "we will not allow it when he is old enough to understand!"

How was she to prevent it without causing unhappiness to the unfortunate little man who only did as he was taught?

So, up to a certain age, Baby is allowed to talk incessantly, all his bright speeches are applauded and repeated in his hearing. In one family this is so much the rule, that the son and heir of four years of age will look to his father after a would-be humorous remark and ask naïvely, "Was *that* a funny thing I said, papa?" while another child frequently interrupts her mother when she is entertaining callers with the query, "When are you goin' to begin talkin' about me?"

As surely as these poor children live, the time will come when the parents will suddenly realize that they are nuisances; when Freddie's noisy interruptions and Mabel's pert questions will be met with a severe frown from mamma, and possibly a rough "Be quiet there!" from papa. It is cruelly unjust to the babies to bind upon them habits which will bring their reward in reproofs and punishment.

When Baby begins to talk it is easy to teach him to say "please" and "ta-ta," at first, before he can manage the more difficult "thank you." I know a bright baby fifteen months old, who is known to his many friends as a tiny gentleman because of the polite habits his father and mother have taught him so gradually that they have almost become second nature. When any one asks, "How do you do, dear?" he answers in the most jovial manner, "How do?" When he wants a thing, he begs "Bease" (please) and murmurs "Tank 'oo" on receiving it. He is very proud of being able to take off his own cap, and, when out-of-doors, pulls at it the moment he receives a "good morning" from one of his admirers. These tricks have not been forced upon him, but have been gently and patiently taught from the first, so gently that the tender mind has not been overstrained.

If, to make a gentleman, one should begin, as some one says, a hundred years before his birth, may not mothers teach their children proper behavior from the first without fear of making them too courteous or too considerate of others?

CONCERNING ANOTHER "SURE CURE."

IF a fraction of the number of persons who make off-hand statements of alleged fact concerning "sure cures" were compelled, by law, to immediately produce their evidence or go to jail, there would be, perhaps, a thinning out of the ranks of those who are always ready to testify that they have known of "hundreds of cases" of cure of such and such a disease—meaning two or three cases of recovery from an ailment not proven by competent authority to have been a true case of the assumed disease at all. The following inquiry is one of many of similar nature which occasionally reach us.

To the Editor of BABYHOOD:

It has been written that "you can't believe half of what you read in the newspapers, and it is fortunate that much of that which is circulated as truth is not true!" Nevertheless, here is something I have just come across which I am inclined to place reliance in, and possibly not the less so because I wish it to be true. If the terrible disease, diphtheria, is under the complete control of man by the use of such a simple agent, let it be known far and wide say I:

Pineapple for Diphtheria.

It is said that Nature has her own remedy for every ill to which flesh is heir. Some of her remedies have not been discovered, and some that have been found out have not become generally known. Medical science has long sought for a sovereign remedy for the scourge of childhood, diphtheria, yet the colored people of Louisiana, and perhaps of other localities in the South, have for years known and used a cure which is remarkable for its simplicity. It is nothing more nor less than the pure juice of the pineapple.

"The remedy is not mine," said the gentleman, when interviewed, "it has been used by negroes in the swamps down South for years. One of my children was down with diphtheria and was in a critical condition. An old colored man who heard of the case, asked if we had tried pineapple juice. We tried it and the child got well. I have known it tried in hundreds of cases. I have told my friends about it whenever I have heard of a case, and never knew it to fail. You get a ripe pineapple, squeeze out the juice, and let the patient swallow it. The juice is of so corrosive a nature that it will cut out diphtheria mucus, and if you will take the fruit before it is ripe and give the juice to a person whose throat is well, it makes the mucous membrane of the throat sore.

I quote the clipping referred to, and beg you will verify it or stamp it as worthless, at your earliest convenience. MRS. C. S. W.

Somerville, Mass.

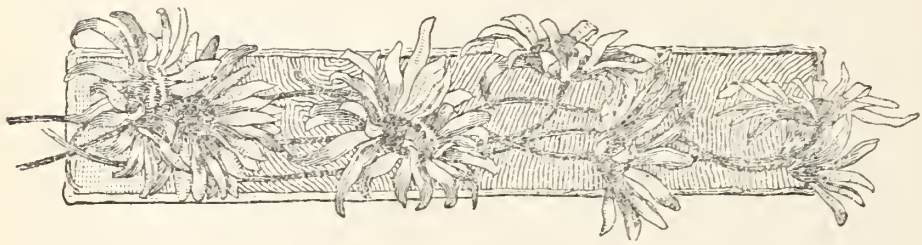
First of all, we cannot "verify it" and we cannot "stamp it as worthless," because there is something in pineapple juice which leads us to hope that it may prove, not a "sure cure," but a remedy of some value against fibrinous exudations, including diphtheritic ones. The reason of our hope is this: It has been found—at least, that is the drift of certain experiments, which at the time of writing are not, as we understand, complete—that the juice of the pineapple contains a ferment which will dissolve fibrin. Granting this, we shall probably have in this ferment another addition (and possibly the strongest of all) to the list of such digestive solvents of exudation as pepsin, papayotin ("vegetable pepsin") and trypsin, all of which have been used in the local treatment of diphtheria. If we grant this as yet unproven claim, we think we have said all we can. Unless the profession has been of late years drifting in the wrong direction, local treatment, beyond cleanliness and disinfection, is not of the highest importance in diphtheria, *i. e.*, is secondary to constitutional treatment. We cannot look for any "sure cure," certainly not for any in the form of local application. We would rejoice if we saw any prospect of one.

The unfortunate part of the whole business is this: People who hesitate to buy a gown without advice are always ready with sure cures for the gravest maladies. In fact, it is an adage of medicine that "sure cures" are abundant in proportion to the danger of the disease. Take the case in hand. The disease

is of the most serious kind; an eager profession has searched and is searching the animal, vegetable and mineral kingdoms for remedies to relieve it. How long could the negroes have a successful remedy without the physicians of their neighborhood finding it out? Here comes forward a nameless person who testifies what other nameless persons told him—a kind of evidence which would not be received regarding the disputed ownership of the most trivial article.

Now, let us see where—supposing for the sake of argument that the statement quoted were true—the source of error is. The diagnosis of diphtheria from other throat diseases is not easy to the untrained eye—sometimes doubtful to the skilled practitioner. Many diseases of the throat which are not very dangerous, if at all so, are very painful, and ugly to look at. The child mentioned was said to be in "a critical condition," but who said so? There is no mention of medical advice having been taken. There is doubt, therefore—even taking the statements as true in the mind of the speaker—that there was any diphtheria or danger at all.

Such paragraphs are regrettable because mischievous, leading persons to waste valuable time in using useless, if not harmful, applications. We have considered this particular one because the remedy may prove to have value, and because we may also say a warning word against a belief in sure cures for such a terrible disease as is diphtheria. The majority of questions of the sort which reach BABYHOOD are not published, for the reason that it would be impracticable to attempt to cover the ground of the loose and reckless newspaper comments and rumors on medical topics which are continually met with.



WHAT SHALL BE DONE WITH HIM?

BY L. E. FRANCIS.

MR. CHADBAND'S sweeping statement that it is "glorious to be a human boy" can be accepted only with modifications. A great deal depends upon the boy.

I have one in mind now whom I shall call Edward. He is a real boy, and his parents, so far from finding him glorious, are in despair to know what to do with him. I have advised them to let me present his case to BABYHOOD, feeling assured that, among its thousands of readers, there must be some other parents who have had similar problems to wrestle with, and out of the fund of whose experience a suggestion of practical value may be drawn.

It is due to Edward to say, at the outset, that he is not a vicious boy. As horsemen say of a colt which is hard to break in to the work required by his master, "there is nothing the matter with him." He is good tempered, affectionate, honest and generally well meaning; but he seems to lack utterly the common sense, the ambition and the power of fixing his attention, which must be found or cultivated in a boy if he is ever to amount to anything.

His mother says he was born lazy, inheriting the trait. His ancestors, however, have possessed, along with an indisposition to great exertion, some decided interest in one or

more subjects. His grandfather was, for example, an enthusiastic student of Shakspere and a fine whist player. His mother is interested in psychological research, and his father is a prominent public officer, holding his place not through any accident of politics, but by virtue of a special training for it which he has acquired by years of self-enforced application. If Edward showed any inclination even to amuse himself with some particular childish sport, his parents would not feel so hopeless about his case; it is his entire lack of interest in anything whatever that gives them so much distress. He is nine years old, yet he cannot play ball or other games which absorb the little fellows in his neighborhood, and he has the reputation of being the poorest runner in the street where he lives, which is the playground of a host of lads far younger than himself.

His parents cannot keep him in clothes, because he persistently loses any which are capable of being lost. A few mornings ago he could not go to school because he could not find his hat. The whole family set to work to hunt it up. They searched the house from attic to cellar in vain. An exploration has since been made through all the little nooks and crannies, but the hat has disappeared as completely as if the earth had opened and swallowed it. Edward cannot remember whether he wore it home from school the day before or not, though he assumes on general principles that he did. A few days later his necktie went the way of his hat. The next thing to go was one of his overshoes; it appears, as nearly as can be made out, that his wits must have been wool-gathering when he went to put the pair on his feet, and that he put on only one and wore it away somewhere and lost it. For the last eighteen months he has been attending a child's gymnasium, where he is obliged to wear slippers while going through the exercises; the slippers must be carried by hand to and from his home twice a week, and in the brief period mentioned he has succeeded in losing four pairs, nobody can discover where or how.

His teachers complain that he is, as a rule, inattentive to the point of exasperation. He is never defiant, and in his own way seems anxious to please. But if the class have a map to draw at home, he always forgets to do it; if they are required to come to a certain recitation with paper and pencil, he is never supplied with either. When the class are called upon to read in turn, Edward is the only one who regularly loses his place in the intervals, and he has been known to do it as many as five or six times in a single lesson.

His mother, who believes that there is a certain educational value in surroundings, has tried to stimulate in him a little of the pride of orderliness by decorating his room with pretty things, but he does not yield to such influences. Her latest experiment was with an ornamental cover for his bureau, embroidered by her own hands. He not only lighted all his matches directly over it, so that the burning fragments dotted the needlework with black scars, but, after experimenting with his button-hook by holding it in the flame of the gas till it was nearly red hot, he laid it down to cool in the very midst of the dainty design, and left an ugly hole there with charred edges as a monument of his feat.

Punish him? Oh, yes; he has been punished in every way the minds of his elders could devise, short of absolute cruelty. In school, his teachers have required him to make good his shortcomings by staying after hours and going over the lost ground by himself; but he takes the penalty as a matter of course and makes no change in his habits. At home, he has been given an allowance of twenty-five cents a week, ostensibly for spending money, but really to enable his parents to impose pecuniary penalties on him. He is required to replace from his own purse the hats and shoes and neckties lost, the furniture destroyed, etc.; he is also fined five cents for every morning he comes to breakfast more than so many minutes late. But how much effect has all this? He is as indifferent to money as if he were a bird of the air. The only result of the system is to keep his mother busy with an account-book in which the balance of debt against him increases with every month; for he had hardly begun to

have a regular allowance before his heedless and destructive propensities drained his pocket of every cent, and then the charges rolled up so fast that the income could not pretend to keep pace with them.

Other devices for bringing him to a sense of the material disadvantages of wrong-doing have been tried, but his uniformly happy disposition is proof against the punitive influence of any of them. If he is sent to bed early because he has so torn and soiled his clothes as to be unpresentable in the drawing-room, he turns up the next morning with a beaming smile and some remark about the delicious rest he has had. If his diet is reduced to plain bread and water for the violation of a rule of the table, he discovers—without the slightest hypocrisy, mind you—what uncommonly fine bread the cook bakes, and how much better water quenches the thirst than milk or cambric tea. If he is kept indoors because he has abused a privilege of the yard or street, he sets cheerfully about amusing himself in the house, just as content, apparently, to lie on his back for hour after hour and indulge in day-dreams, as to do anything else; and the chances are that, when it is all over, his little voice will be raised in praise of the comforts of homes in general and of his own in particular. The only punishment he seems to dread is a whipping; that has been resorted to sparingly, and always for some overt and aggressive act which was wholly without excuse—never for a mere matter of habit, however reprehensible.

To illustrate the boy's frankness, and his perfect willingness to face the consequences of his deeds, a single instance will suffice. Next door to his father's house there came to live an old gentleman who is very neat and particular about the appearance of his premises. One day, during the absence of the new neighbor on some business errand, Master Edward, having nobody to play with and no special employment, spent most of the afternoon mixing mud and throwing great balls of it against the old gentleman's well-scrubbed windows. It is easy to imagine the proprietor's state of mind on returning home and discovering what had been done. But before he had time to complain, Edward's mother learned what had taken place, and, summoning her son, called him to account for it. He made a straightforward confession, concealing nothing. His mother suspended sentence till she could consult his father as to what penalty to impose, since she was at her wits' end. Meanwhile, she delivered to the youngster a lecture on the gravity of his offense, which he listened to without a change of one of the muscles of his face. At its close, she ordered him to go to his room and wash the mud from his hands and cheeks and to brush his clothing. He disappeared; but in the course of an hour she heard him singing about the house, and, looking out as he passed her door, perceived that he had not done anything to improve his appearance.

"Edward," she called out sharply, "you have disobeyed me again! I told you to go at once to your room and make yourself presentable."

"I know, mamma," answered Edward, unabashed. "But just as I was going to do it I saw Mr. Jones coming home, and I thought I had better go in and tell him it was I who fired mud at his windows. So I went in and made a call on him. He's a very nice gentleman, mamma."

"You don't mean to say," cried the mother, in desperation, "that you made a call on a stranger in such a plight as this!"

"Well, we weren't strangers long. I told him who I was and what I had come for, and that I was sorry I had done anything to give him so much trouble. And he asked me right in, just as I was, and we had a long talk, and he invited me to call again. I think I'll dress up to-morrow and make another visit to him. Really and truly, mamma, he's a very nice gentleman."

Now, what can you do with a boy like that?

Perhaps you think his infirmities of memory and attention are due to some physical cause. Yet the lad has been examined carefully by the family physician, who pronounces him strong and well. Moreover, though hav-

ing no taste for romping and playing as other boys do, he is not a mope, but will walk for miles and miles, if any older person is going for a tramp in the country and invites him to go along.

Is the trouble due to some mental defect? Apparently not, for in his studies he has made even a little more than the normal advance for his years. His teachers all agree, too, that in spite of his inability to fix his attention, he is among the first rank of pupils when the topic for consideration requires a fund of general information. In his literary taste he is a long way ahead of most children of the same age. He is too indolent to read by himself anything more solid than Grimm's fairy tales; but he will sit for hours and listen with delight and intelligent understanding to the reading of Shakspere's "Midsummer Night's Dream"; the novels of Dickens, Scott, Cooper or Anstey; the more stirring passages of "The Lady of the Lake," Byron's "Prisoner of Chillon," Macaulay's "Horatius," or Longfellow's "Hiawatha," "Evangeline," or "Courtship of Miles Standish." Indeed, he finds such pleasure in these things that he will sometimes learn long extracts from prose and poetry by heart for mere amusement.

In view of what he can do when he feels any interest, and of his apparent absolute vacuity of mind and torpidity of body when his interest is not aroused; of his lack of any settled taste except for being read to, and of his complete indifference to any form of punishment which bears a logical relation to the offense for which it is imposed, Edward's parents confess themselves baffled by his case. The boy is made of too good material, physical, moral and intellectual, to be allowed to run to waste; yet how to train him is more than they can see. Their latest proposal was to find a good boarding-school and try the influence of casting him among strangers for a time; but on the other hand, there is always the argument that it is hard to ask a teacher to do what a parent cannot, when the training sought is not of the faculties of reason and memory alone.

What shall be done with him?

THE MOTHERS' PARLIAMENT.

Our Children's Playmates.

—"Such a nice family have moved into the Greens' house," said I to Mr. F. a short time ago; "and they have a lovely little boy that will be a playmate for Tommy." "Be careful," said my husband, "whom you let him play with, you know he is quick to learn." "Well," said I, "I don't think he will learn anything wrong from Harold; he is the most beautiful boy I ever saw, a perfect little Lord Fauntleroy."

It has rained all day; poor Tommy has flattened his nose against the window pane in the vain hope that it will clear up, so that he can go out to play. I tell him to play with Baby, but he answers with lofty contempt: "Oh, he can't play horse, or soldiers, or fire-engine, or anything." So I tell him to run and see if Harold can come and play with him a little while.

Yes, he comes, and I think what a beautiful child he is; he has great, dark eyes, and long golden curls; he has just been promoted into trousers, and Tommy looks upon him as a hero. They play nicely for a while, then Baby goes to sleep, and I leave the boys playing with a set of paper soldiers while I go upstairs to dress for dinner.

I am almost ready to go down when I notice that they are remarkably quiet. I put my ear to the register and listen. All is silence. Then I am startled by a loud, emphatic D—n! (I find out afterward that one of the soldiers has come

apart and Harold is trying to glue it togetber with "spit.")

"Oh, oh!" said Tommy, "you said a bad word." "Ah, I did not," says Harold. "Yes you did," says Tommy, "I heard our coal man say that when he pinched his finger, and mamma said that it was a very bad word." "I don't care," says Harold, "my papa says it lots of times; he said it this morning when he was putting on his collar." "Well, it's a bad word," persists Tommy. "I wouldn't say it for nuffin'." "Oh, go on, say it, Tommy, then you'll be a man! all the men say it." "I'm afraid," hesitates Tommy. "Mamma told me never, never to say that word." "Well, you don't need to care; your mamma isn't here, she won't hear you; go on, say it, just for fun!"

Welcome interruption in the shape of the postman. I hurry downstairs. To say I am surprised is putting it mildly; I am almost petrified with astonishment; the child that I thougbt so lovely, to be so mischievous; who would have thought it? I am hesitating whether to speak to him about it, when Mrs. B.'s girl comes for him to go home.

That night as I tucked Tommy in his little bed I said: "That was a very naughty word Harold used; mamma hopes you will never say it." The blue eyes opened wide. "Why, mamma, how did you know it? you were upstairs, weren't you?" "Yes," I said, "but I know all about it."

Should not we mothers be careful in choosing playmates for our little ones? Smaller children are apt to make them babyish, wbile older ones, perhaps, teach them things we do not care to have tbem know. It is best, I think, to keep their friends under our own supervision, and to watch them, unseen, for a little while, and we can soon judge wbether or not they are suitable playmates for our children.—*I. F., Brooklyn, N. Y.*

An Aid to Sleep.

—I should like to give the young mother struggling with a cross baby, wearing away her strength in hopeless walking or rocking, which does little or no good, a simple recipe which is well worth trying.

Children under two years of age are very subject to indigestion in various degrees, caused by the existence of unfermented food in tbe stomach and bowels, and are more often fretful from this than any other cause. By injecting with a fountain syringe a moderate quantity of lukewarm water just before bedtime, and thus cleansing tbe bowels of any undigested matter, in nine cases out of ten the child will fall into healthful sleep. This may be repeated two or even three times a day with equally beneficial results. If some tired mother will try this experiment I feel sure she will wake in the morning with a baby exhibiting tbat peace and calm of mind which can only result from a sound and refreshing sleep.—*Constance B. White.*

The Duties of an Invalid Mother.

—I presume there are other mothers situated much as I am; mothers wbo are not in good health, but who are able to employ reliable servants to take care of their little ones; mothers who have witely duties, household duties, social duties, and duties of many kinds, which tax their inadequate strength to the utmost. Let me ask such how they manage to accomplish all things; also, what do they consider is the wisest course to pursue in regard to their duties toward their children?

Some one will answer, "The duties toward your children are paramount." This I admit theoretically and in a general sense; but what I want to know is just *which* duties toward your children are paramount, and whetber it is necessary to sacrifice all one's other duties for the sake of the children? Is it right to give up the best hours of the morning to washing and dressing the baby, when your nurse can do it twice as well at you can? Is it a duty to feed him witb bis porridge yourself, instead of devoting that time to your other duties? Whicb are duties? Whicb are necessities? What actual duties must be sacrificed for the cbildren's sake? Where is one to draw the line?

As I have indicated, I am not like "Tired," who appealed for advice in your columns, for I command tbe services of an excellent nurse and a staff of servants who each and all consider it a privilege to be allowed to take care of my one chicken. Neither am I like the writer who replied to "Tired," who after a tedious day's work witb her little ones bad only time and strength to creep downstairs wben tbe last cbild was in bed, to read a magazine or paper. Apparently she did not have a husband who wanted a quiet chat with her, or, at all events, sbe seemed to devote what time she had to reading instead of to him. Yet there are some people who wonder wby busbands go out to their clubs! No, my husband does not like to be neglected. Other mothers, no doubt, find their wifely duties clashing with tbeir duties toward tbeir children.

However, let me suppose a case somewha

similar to my own. Mrs. A. has the care of a large establishment, a country house in England, where the mistress each day must give orders to her servants, and distribute, from a locked store-room, such groceries and other articles as are daily required. This means, let us say, an hour after breakfast (which in England is never before 8.30 A.M.) devoted to giving the necessary orders, etc. Then there is the walk with the husband, who likes to have the wife accompany him on his morning rounds. Then follows the arrangement of the table decorations and the flowers; next the rest commanded by the doctor. There are petty calls and interruptions and many little things that fill in the time till the nurse's dinner hour, when the mother must sit with the sleeping baby. After this comes her own lunch; then either a drive for pleasure and health, or a round of calls to fill the afternoon, probably not ended until after five o'clock. Important letters and notes must be written to catch the evening's post. After this comes the children's hour, which lasts until it is time to dress for dinner. The evening is spent in no greater exertion than listening to the reading of the daily paper and chatting with the husband. Now, with all the day thus mapped out, where is the time for performing one's duty toward one's children?

My little boy, two years old, is with me at breakfast, and for an hour and a half in the morning, while I am going in and out about my household duties, his father amusing him during my temporary absences, and I have the care of him for an hour in the evening—that is, before dinner-time. During those hours I feel that his superabundant spirits and his constant demands on my attention are about all my health can endure. Yet I, myself, feel that I ought to have him with me more of the time. What must I give up in order to find that greater length of time? Not my household duties, for the comfort of us all, including the child's, depends on their careful performance. Not my morning walk, which is necessary for improving my health as well as a duty to my husband. These fill in the time until the little boy is asleep, and then I can do nothing for him until 2.30 P.M., after he wakes and I have had my lunch. Then there is the necessity for the drive which follows, for the duty calls must be paid because of my husband's position. So the day, as it is, is fully occupied, and my strength and nerves are taxed to their utmost.

I have overheard American mothers, when I was traveling, remark audibly on my conduct (or rather misconduct), in not having the child sleep in my room; yet if I did that, both my husband and myself, who are neither of us in good health, would suffer from loss of sleep, as the boy is inclined to be wakeful. Again, comments have been made on the fact that I do not wash and dress the child; yet the strain of lifting him in and out of the bath alone would be injurious to me, and the fatigue of dressing one so restless would upset me for the whole day, and all my other duties would have to be neglected. Rocking him to sleep in my arms, when he weighs over 30 pounds, is, of course, out of the question. Perhaps some will say such a weakly creature should not have any baby to take care of, but there he is, and it is largely due to his arrival that I am as I am. This being the case, what am I to do?

What I want to know is, how other semi-invalid mothers manage? How do people who have more than one child arrange their cares? And people who do not have the assistance of competent servants and practically have to do everything for their children, how do they survive? Horrible thought! It just occurs to me that they don't survive! They go off with nervous prostration, in all probability!—*Anglo-American, Exeter, Eng.*

As the Twig is Bent.

—Mother Nature has not provided as carefully for the rearing of children as she has for the animal world. It might serve better the needs of a class of helpless human progeny were parents endowed with the unerring instincts of brutes rather than with an uncertain will and senseless affection.

There are young people launched into married life with no home and an empty purse, mere children themselves. It is small wonder that they stand abashed at the prospect of added care, sickness and expenses. There are others who, for various reasons, look upon the bringing of children into the world as a piece of misfortune to be guarded against and feared. Then, if it happens that these unwished for beings are given to them, they are unprepared and helpless with the responsibility. It is a senseless affection many times that these people have for their little ones; they feel that they have only to nurse, clothe and feed them for an indefinite length of time, and that the world will make a place for them.

The world will make a place for them, but the chances are that it will not be a very good place.

Children, in many ways, resemble fruit trees.

We seldom see a tree left to itself that bears very good fruit—there will be plenty of it, but it has no market value. A tree to be of much account must be budded while it is growing, then it will be strong and symmetrical; it must be propped and pruned, and if this is done early in the life of the tree, it will never bear anything but good fruit. But let this process be delayed until the tree is well grown, and there are continually branches of the natural fruit cropping out, so there will be always more or less bad fruit. Occasionally there is a tree straight from nature's seed that bears a delicious fruit, but no one knows how much better it might have been made by the aid of a judicious gardener; so it is with men. We sometimes hear of a wonderful genius, sprung, perhaps, from the slums; but it does not follow that his associations added to his natural talents. His life would have been richer, deeper and better had he been taught in boyhood the principles that underlie true greatness.

A short time ago a mother remarked to her legal adviser: "When my daughter is ten I shall wish to place her with some teacher who will help form her character as well as her mind." "My friend," replied the lawyer, "character is formed before that."

He was right; it is almost impossible to establish thoughtfulness, honesty and self-respect in the mind of a child who has been neglected in this regard until the age of ten. The trouble sometimes lies in the fact that we do not realize how fast the little folks learn and how much more they know than we give them credit for. We forget how susceptible they are to impressions; but the greatest trouble and the most common one is that they get in mamma's way, and are sent or allowed to go into the street to play. We want children to be happy and self-reliant, and we like their mischief, but we object to "holy terrors" and "little savages."

It would be a great thing if some one could present to the world a formula for turning out good children. Two ingredients in such a formula would certainly be "good fathers and mothers." Look at the inconsistency of human nature in the man who visits his club regularly, belongs to three or four lodges, drinks a little and gambles a good deal, yet complains because his boy is "out nights." Then we want "pure mothers." It is not a pleasant thing to admit that women are often vulgar. We teach, or should do so, our children to "say nothing to other children that they would not tell mamma." Why not place a like restraint upon ourselves? Why expect a child to do better than its mother? Why look for purity of conversation among our sons, when the mothers at home do not condemn the contrary among themselves?

There are more temptations for children as the world grows older, but on the other hand there are more helps for the mothers. In these days there is such a reaching out among women to do men's work that it is becoming detrimental to home life; such work is not for mothers. It is far better for them and the little ones that they practice all the economies that the feminine mind can devise, rather than be overtasked by outside cares.—*Floy L. Wright, Geneva, O.*

Sleeping on the Stomach.

—For the benefit of S. C. Y., who writes in the January number on this subject, I would like to say that our baby, nearly seventeen months old, has always slept on her stomach, and we have never seen the slightest objection to her doing so, though knowing of no other baby who did. When she was a "new" baby she did not sleep very well, and I one day suggested a change by laying her on her stomach. It seemed exactly what she wanted and she will now sleep in no other position. She has a very cute trick of throwing herself on the floor face down, at one's feet, and with her head to one side and two fingers in her mouth, she waves one foot aloft, smiling radiantly the while. It looks extremely funny.—*Eleanora A. Wady, Somerville, Mass.*

A Cause of Protruding Ears.

—Will you allow me to give my experience with "protruding ears," in answer to the question of "J" in the December number of BABYHOOD?

I have two little ones. At about the age of four months, No 1 (my boy) chose as his sleeping position lying upon his back, and persisted in it. From birth up to that time his ears had been "close to his head," like "J's" baby's. But after a month or two I observed that they had begun to protrude, and the trouble gradually increased. I was much disturbed, but could find no remedy. Finally, when the child was thirteen months old, I took him away on a visit. At the house of our friend he was provided with a large-sized crib. He began rolling about in it at night, till suddenly he *reversed* his sleeping position, from choice, and continued from that time to sleep on his *stomach*.

I considered it a desirable change, but was

hardly prepared for the result. After a few weeks I noticed that there was an improvement in the ears; and before long they had entirely gone back to their original and proper position. I studied over the matter, experimenting with my own head in different positions, and came to a conclusion which I had opportunity to test when the ear question came up again in connection with No. 2 (my little girl).

She had been sleeping upon her back for several months when I began to observe the tendency to protrusion which I had noticed in my boy's ears. I determined at once to teach her to lie upon her stomach. Accordingly, when she was nine months old I began first with the day-nap. I laid her on her stomach in her cradle and gently forced her back to that position at every attempt on her part to change it. She cried for a few minutes, but finally settled down and fell asleep. I repeated the same thing for several days and at bedtime, until she evidently preferred that position to any other. Then I watched the ears, and soon had the satisfaction of seeing them slowly return to their proper position.

Let any mother lie upon her back and turn her head from side to side (slowly). She will notice that the ear will almost invariably fold over toward the face, unless specially laid flat (by the hand) at each movement of her head. On the contrary, let the mother lie face downward and turn her head from side to side (on either cheek), and she will observe that the ear will be pushed backward, and be flattened against the side of her head, as it should be.

This explanation is suggested with the hope that other mothers may experiment upon it and be as well pleased with the result as I have been. The ears of both my children are now in the best position.—*L., Taunton, Mass.*

Answering Children's Questions.

—Happy are the children whose parents are ever ready and willing to give an intelligent answer to their numberless questions. Just as physical energy causes many torn garments, that bring an unuttered sigh to the mother's lips, so it is mental activity that causes the child to seem almost a living interrogation point.

Wise is that mother, and storing up happy memories for herself as well as vigor for her little ones, who restrains the sigh over the one and the impatient answer to the other; and, instead of pushing aside the eager little questioner, pushes her own problems into the background and takes the time and thought to give a correct answer. This will train the child's mind into the habit of correct thinking, of perfect truthfulness and of reliance upon the parent's word.

Is it not true that some who scorn a lie, and who proudly imagine they never deceive their children, yet give, to their questions, careless answers, which later must shake their faith either in the mother's knowledge or her truthfulness? Who has not heard the words: "I know it's so, my mamma told me," sturdily asserted, in face of the most convincing proof to the contrary? Mothers lose nothing by a frank admission of inability to explain some things, but the questions of children are their sincere seeking after knowledge, and deserve rational answers, suited to their comprehension.

They are at a very early age interested in all the phenomena of nature. Her most striking objects—as the sun, the moon, and the endless beauty of clouds—fill them with wonder and admiration. Encourage their interest, and a moment's thought will show that it is easier to give them intelligent ideas respecting these wonders than often appears at first. With the tea-kettle for an assistant the tiniest one may learn what to think of fogs and clouds; and the bedtime hour may be made very happy by two little ones playing earth and moon, with a candle for the sun. A right thought thus implanted in a child's mind will not only increase his interest in nature and help him to *observe*, which is the foundation of all education, but will also divert his attention and save much more time for the mother than the explanation has cost.

"Now is the accepted time," busy mother, when the question is asked. If you wait for time to answer, there will be no baby to hear; so soon do the little feet grow strong to wander out into the world, and ofttimes are they gone into that school where they no longer need our poor protection.—*Houtas P. Daniells, Madison, Wis.*

THE MOTHER MIRRORED IN HER CHILD.

BY MRS. W. A. KELLERMAN.

MANY times I have heard mothers exclaim in discouraged tones: "I don't see why the children are continually 'nagging' each other!" and every time the expression comes to my ears, I think of the explanation and demonstration my father made to my little brother years ago, when his little fountain, improvised of pumpkin vine stems, would not work. We learned then that "a fountain will not rise higher than its source," and it seems to me that the mother is the fountain head of "nagging."

The children adopt her expressions and the very tones of her voice. As she speaks to them, so will they speak to each other. If children hear such expressions as "*don't* do that; *do* be careful; *hush* your noise;" the first word too often emphasized with impatience, they can scarcely be expected to preface their requests with a "please," however many times they may be admonished to do so.

There are calms and storms in the humors, moods, tempers and dispositions of at least the majority of human beings. At one time they may glide smoothly along, as on the crest of the waves; the sun may shine and life may seem an Elysian dream; at another, perhaps without a moment's warning, a very tempest may lower like threatening clouds, and impatient words burst forth like thunderbolts. These impatient words and petulant tones verily *strike* the minds of the little ones present, burning a scar which leaves its impress—who can tell how long?

Harsh words, impatient tones, grate upon the ear ever and always, and the mother who fails to control herself, who allows cross words to escape her lips, will hear those tones and words echoed back to her in the voices of her children. She, in common with the rest of mankind, fails to see herself as others see her; she does not imagine that she is at fault when she grieves over her children's unkindness to each other. She does not dream that she is impatient, unfair and unkind, many times, in her treatment of them. She may acknowledge that she is "nervous," even irritable, and excuses her own demonstration of ill temper on this plea. But it will not work to simply tell children to be good, to be kind to each other. "The fountain cannot rise higher than its source." The example of goodness, kindness, unselfishness, must be constantly before them. Imitation constitutes such a large part of a child's nature that it unconsciously absorbs, as it were, its very character from its existing environment.

The happy home is the acme of civilization. The mother builds it according to her own development, refinement and culture. She may assume refinement, and feign a cultured air, but the superficiality betrays itself to any one who may happen to be an inmate of the home for even a few days—yes, even an hour is sometimes sufficient to discover the family skeleton which will not remain in the suspicious closet, and visitors are almost sure to catch a glimpse of it.

It is well worth while for every mother who perceives defects in her children's conduct, to begin with herself in trying to effect their reformation. Instead of repeatedly admonishing them to speak kindly to each other, let her adopt a tone and manner toward them which she would have them use among themselves. Let her persist day after day, week after week, until she is able to control her "nervous spells" and irritable moods, and then she may look for her reflection in her children—with a satisfaction unknown to her before. The "source" will have reached a higher eminence.

The photographer must exercise the utmost precaution in the manipulation of his sensitive plates; should a ray of light find access to them they are worthless. We look at a plate in a darkroom, and see the milky white surface, and marvel at its almost magical power of receptivity. Placed in the camera, exposed an instant and a

picture is there. It is true it is not visible; but watch it being developed; observe that every detail is reproduced, and you will be able to more keenly appreciate that every act committed leaves an impression, an effect, either for good or for ill.

All I have said I saw demonstrated several years ago, on a return voyage from Europe. There were two families on board, whose daily deportment demonstrated both sides of the question. Each family possessed apparently a goodly share of this world's wealth; each mother had a nurse for her little ones, and each nurse seemed also very like her mistress. I cannot better distinguish between these families than by calling them the Sunshines and the Shadows.

One day it happened that the Sunshines nurse fell down stairs and hurt herself, so that Mrs. Sunshine was obliged to take care of her own little brood. We were seated at the dinner table. Soup had been served. Suddenly little Miss Sunshine, perhaps ten or eleven years old, upset her soup into her lap—down her neck even—and it must have rendered her extremely uncomfortable. She looked up into her mamma's face, and said: "Oh! mamma, see what I have done!" "You were very awkward, dear," replied her mother kindly, using her napkin the while; but there was no commotion, no disturbance, no impatience exhibited. I did not hear that mother utter an unkind word; I did not see her give expression to impatience in any way. She greeted her childen always with a smile of welcome, spoke to them ever in quiet, kindly tones. Her children were models of kindness. They strove to entertain each other; they watched the waves together, they recited poetry, they promenaded on deck hand in hand. Their life was objective love, and beautiful to contemplate.

What of Mrs. Shadow? She stormed like the angry waves which beat against the ship—in private—in her cabin. I could hear the sharp tones, the cross words, and even the blows, administered to the little Shadows. They screamed and disputed in like degree among themselves; no one could tolerate their presence because of their quarrelsome dispositions. The day we landed the youngest Shadow had been dressed in his best, and all was eagerness and excitement on board. Everybody was glad to discern the "land in sight." Little unfortunate Master Shadow soiled his dress! Mrs. Shadow raved and raged. There was not time to don another robe, and poor little Shadow was spanked and spanked till I was afraid *his* shadow would never be greater. The whole family was out of patience, the nurse jerked the other children, the father did likewise, and the children quarreled and teased each other in all possible aggravating ways.

These two living panoramas may serve as representations of thousands all about us. The two sides of the picture are not often placed in such close juxtaposition that both may be observed and studied at the same time; but they exist in our very midst, none the less—and it is to be hoped that mothers will consider it one of their prime duties to speak softly, mildly, kindly, always and invariably. A correction should never be made in angry tones; a reproof never given in impatience. Can a higher, broader sphere be sought by any mother than the perfecting, through herself, of her children and her home?

NURSERY HELPS AND NOVELTIES.

An Improvised Crib.

WHEN our baby was born we lived where the bedroom would not accommodate a crib with the rest of the furniture, so we made the following device answer the purpose: The bureau sat in one corner, the long way standing the same as the long way of the bed, and facing the bed, with only the width of a window between. My husband took six pieces of wood, about four feet long, two inches wide and an inch thick, and nailed these on two cross pieces of wood of the same dimensions. On the under sides of the cross-pieces, at each end, he nailed a short piece at right angles, so that when the lower drawer of the bureau was pulled out about half way, this just fitted on the drawer and the side of the bed.

On this I put the bed and bedding each night, and with some pillows between the bureau and

the slats, Baby was safe and comfortable. It served us well until he was six months old, when we moved where we could have a crib.

Springfield, Mass. E. C. P.

Sundry Suggestions.

IN buying Baby a bath tub, select a granite iron one. If the dealer has none in stock it will pay you to order one ; there is no paint to rub off, it is not easily dented, and with ordinary care outlasts a tin one.

Use a small composition paper basin for the water for Baby's face, as these basins are very light and can be easily handled.

Always use round pointed scissors in trimming finger nails and toe nails.

In very cold weather should Baby go out-of-doors have him wear two pairs of mitts, the outside pair somewhat larger than those next to the hand. To prevent him from pulling them off, pin each mitt securely with small safety pins to the top and under side of the coat sleeve.

When in his carriage, if Baby is an active child and old enough to amuse himself, provide him with something with which he can entertain himself, so that he will not play with his afghan, pull his cap strings, etc.

In selecting a parasol for the carriage, do not get a white one, as that does not soften the light sufficiently for Baby's eyes. If Baby is old enough to wear buttoned shoes, see that they are a little larger than the foot, and fit comfortably at the ankle. Almost all infants' buttoned shoes need to have the buttons altered.

Washington, D. C. P. L.

The Babies at Meal Times.

OUR babies had given us a great deal of trouble while we, their parents, were at meals. They were not old enough to come to the table, yet they must be disposed of in some way satisfactory to themselves, or the grown up members of the household would surely have dyspepsia!

Our final disposition of the matter being highly satisfactory to ourselves as well as the babies, I venture to report it in the hope that others in a similar predicament may find a hint for their relief. A miniature table and a set of dishes, both of a size to be of practical usefulness, accomplished the object. The table we had made was 22 inches high, 18 inches wide and 3 feet long, finished natural in shellac. The little dishes are of plain, heavy crockery that stands an immense amount of rough treatment. Each of the two little ones has a silver set, of knife, fork, mug, spoon and napkin ring. One child is two years and eight months old, the other one year and five months. They both sit at the table and eat most food by themselves. If much liquid food is served, of course the little one gets herself pretty well incorporated therewith, but on the whole the plan has worked admirably, and I recommend it heartily.

I have decided objections to the use of a high chair for children. To judge from the few broken spines or strained backs in my own limited experience and knowledge which have resulted from such use, I feel justified in the condemnation. A well meaning friend had given us one on the advent of the first baby, which had lain in the attic all these months. We now brought it down and sawed off the legs to bring the chair down to a proper height to accommodate the small table. I wish to add the opinion that all the high chairs in existence could be treated in the same way to the eternal good of babyhood.—*Eleanora H. Wady, Somerville, Mass.*

Linen Covers.

COVERS of white linen are very nice to protect the upholstery of a new baby carriage or to conceal the soiled, worn look of an old one. The covers are made of heavy white linen (art linen, 50 cents per yard, is good), in three pieces, the shapes of the back and sides of the carriage. A paper pattern can easily be cut from the carriage itself. These pieces all have a hem-stitched hem across the top and a common hem on the other sides. A border of forget-me-nots embroidered in wash silks below the hem-stitched hem of each piece is very pretty, but the embroidery is a matter of taste—and time, I might say. The covers are joined in the creases between the back and sides of the carriage and made firm with small safety pins. It is well to have two sets of covers; then the carriage is always clean.

White linen covered cushions for the back and seat of the high chair, sprinkled over with forget-me-nots and tied into the chair with blue ribbons, are very pretty and easily kept clean.

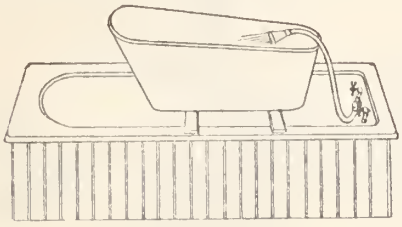
Rochester, N. Y. A. B. B.

Bathing Conveniences.

THE accompanying illustration shows what has been one of my greatest helps in the nursery.

Not relishing the idea of bending double to bathe my very active boy in the large tub, nor yet of having his bath water carried by pailfuls,

we hit on the expedient of making two slats, about 3 inches wide and equal in length to the width of the large tub, with a cleat on the under side of each to keep it from slipping. Baby's tub rests firmly on these, and with a rubber



douche screwed onto the faucets, the bath problem is reduced to a minimum. Baby can splash as much as he likes, without any fear of his wetting the carpet. When his tub is not in use, it hangs on two large screws, put up for this purpose at the end of the large tub, and the slats lie under it. I. S. H.

Suspension Bridge, N. Y.

Baby's Room.

A NURSERY for our older children is considered a necessity in most homes; why, then, should not Baby, whose belongings are so much more numerous, have a room of his own in which these things can be neatly arranged?

I have often wondered at the general disorder which Baby's arrival seems to bring into many otherwise well conducted households. This could easily be avoided by devoting *one* little space of the large house to Baby alone. A room 9 by 12 feet will be amply large. The floor should be covered with cheap carpet or matting. Baby's clothes are best kept in a wardrobe, into which have been placed, instead of the usual hooks, four or five shelves. This is far preferable to a chiffonier, with its many drawers, which are too apt to be left half open after use. It also saves the mother considerable work, as she can, upon opening the wardrobe door, at a glance select everything required for Baby's next toilet. Not only wearing apparel, but bed and carriage furnishings, should be kept here.

The bath tub, nursery chair and high chair are, naturally, a part of this room. I exclude Baby's basket, as the baby basket of to-day is merely an ornamental, not a useful, article. A table on which are placed an agate wash basin, a soap dish, powder-box and comb and brush, will be found an excellent substitute. The sponge should hang at the open window.

It is not always convenient to wash Baby's wet diapers at once, nor to run into the yard to hang them up to dry; a small clothes-horse should therefore be kept for that purpose. Here Baby's clothes may also be hung for their daily airing. A canvas cot (one with a mattress would require more space and care) and a low rocking chair, on which the mother can conveniently sit while bathing the baby, complete this room's furnishings. After the morning bath, Baby should take his nap on the cot, instead of being carried into another room, thus avoiding any sudden change in the temperature and the draughts caused by the customary morning airing of houses.

If no such room is available, a corner of some larger room may be separated by curtains and used in a like manner. This will not be a *pretty* looking room, but will prove a source of untold comfort to every mother who tries the experiment.—*B. G., New York City.*

Trimming the Bedstead.

WHEN Tommy was nearly two years old, there arose the question of a crib. "But," said I, "the cribs are ugly, and so small after a few years that they are of no use. I want something dainty and pretty—all white and gold!" I bought a white enameled iron bedstead, with brass bar at head and foot, and a brass knob on each corner; width, 38 inches; length, 5 feet. Without the woven wire mattress it cost $10.

I also bought 7 yards of yellow sateen (I intended to use china silk, but found it was not strong enough); 3 yards of pretty window curtain lace scalloped on both edges, 2 yards of yellow satin ribbon, 20½ feet of medium brass sash rod which was cut into four lengths, and eight brackets to fit the sash rod.

I made a valance of the sateen, hanging pretty full, and just touching the floor around the three sides; and a coverlid of the sateen and lace; a round bolster of excelsior, covered with the sateen and lace, the ends gathered and tied with a pretty bow of ribbon. Holes were bored for the brackets at the point where the side pieces join the head and foot, and again 12 inches higher up; the sateen curtains must be gathered on the rods with a heading top and bottom, and fastened into position exactly the same as window sash curtains are arranged. Of course, if the bed be pushed against the wall, but one side need have the sash rod arranged to keep Baby from falling

out. It is an excellent idea, as the rod can be loosened easily and let down, to make the bed, or be taken off entirely if not needed any more. Longer sides and slats can be had any time, and the bedstead will still do for Baby when he is quite a grown-up, where an ordinary crib would perhaps be consigned to the garret or sold for a mere nothing.

I bought a mattress of excelsior with cotton top, which has proved most satisfactory; a hair bolster to replace the lace covered one of the day-time, and a small pair of blankets. I made a comfortable of some pretty challie I had, and one of cheese cloth. Sheets and bolster cases one cannot have too many of.

I made a mat of heavy, coarse, white Java canvas, and worked a Grecian border across each end with narrow yellow worsted soutache braid, to lay alongside the bed. It has been washed several times, and is just as good as new and has saved my carpet a great deal. J. F.

Brooklyn.

Another Bed-Clothes Fastener.

"WHITE'S Bed-Clothes Fastener" is a patented device which has recently appeared in the English market, and consists of a very convenient arrangement of clasps and tapes, which are easily adjusted to hold the bed coverings in place. The clip is constructed with a thumb piece, which, by being pressed back, admits a corner of the blanket and sheet, and the tape is then attached to a round or post of the bedstead or crib, being provided with a buckle, and admitting of all necessary flexibility. The fastener is sold at a nominal price.

An Easily Cleaned Nursing Bottle.

A NOVELTY recently introduced is known as the "Health Nursing Bottle," and has an evident advantage over most other bottles in that it can be easily and thoroughly cleaned. The accompanying illustrations show its form. It is constructed in two sections, entirely of glass. The parts are fastened together with a neat nickel-plated clasp attached to the outside of the upper section. It is strongly made throughout.

To separate the two parts for the purpose of cleansing, the pivoted metal arms or clasps are turned to one side, free from the glass projections of the lower section. To attach the parts together, the rubber band (which is composed of pure gum) is laid flat in its place on the lower section and the arms are turned until they catch at the center of the glass projections, where they will securely lock

themselves. The device is simple and can be easily operated.

The bottle may be found in the trade generally, and at 321 Broadway, New York.

Conveniences for the Bath

I MUST tell the method I take for protecting my dress while giving my baby her bath. It is to wear a heavy twilled flannel apron, prettily worked with crewel. As the wee one is wholly enveloped in her bath sheet, when taken from the water, the rough wool does not touch her tender flesh.

I use a large soft sponge. The soap should not be put directly on this, however, as it toughens and hardens the delicate fibers, but on a soft flannel cloth. This soapy wash cloth should be rubbed thoroughly and briskly over the child's body, after which the sponge is used to remove soap and dirt. For the face, which should be washed first, no soap is required. For the mouth I use a diminutive cheese cloth handkerchief, neatly hemmed. For the ears I have another cloth of the same size, but made of somewhat thicker material. Both these and the sponge I rinse carefully after each using.

Once a week Midget Girlie is thoroughly rubbed with sweet oil, which renders her less liable to cold, and prevents her becoming—as our

grandmothers would say—skin bound. Twice a week a very little powdered borax is dissolved in the bath water; this toughens her flesh and prevents her from becoming chafed. Should she be troubled with constipation I cause the water from the well filled sponge to stream over her lower bowels while she is in her bath. This will often afford relief without further trouble.

Do not be afraid of water in plenty, as it is one of the best strengtheners to a child's constitution. ELLA BARTLETT SIMMONS.

Mosca, Colo.

NURSERY PROBLEMS.

Sterilizing Unnecessary.

To the Editor of BABYHOOD:

My boy of eighteen months, who weighs over 26 pounds (without clothing), is still taking sterilized milk with his Mellin's Food, supplemented by a little strained oatmeal and bread and butter. How much longer is it desirable to sterilize the milk? He has twelve teeth and seems very well. G.

Aurora, N. Y.

If the milk you have is of good quality, we see no reason for sterilizing it any longer.

Digestive Difficulties at Five Months.

To the Editor of BABYHOOD:

Our baby boy is five months and three weeks old. His mother's milk not agreeing with him, he has been a "bottle baby" from the first, and has always had a stomach and bowel trouble. It has been impossible to find any food to agree with him for more than two weeks at a time. Besides the infants' foods sold by druggists, we have used sterilized milk, top milk and "cream food," and are now for the second time on top milk. Whatever we give him has agreed with him at the start, and he has flourished for a few days, then he becomes fussy, his stomach sour, he is filled with wind and his bowel trouble increases—all this in spite of liberal use of lime-water.

The bowel trouble, so our doctor tells us, is that somewhere, apparently where the small intestine enters the large, there is a failure of the proper secretions. The result is that the fæces stop there and harden into lumps, so that often the evacuation is attended with pain and only accomplished after severe straining. We have used glycerine suppositories, and they have helped; we also use massage treatment and injections; besides this, we have used, for a month, under the doctor's instructions, physic—salts and a mixture of nux vomica and belladonna—in connection with his food. But the trouble is worse rather than better. He does not respond as quickly to the suppository. A larger amount of water is required in the injection, the lumps seem to form more constantly, a larger proportion of the fæces being lumpy, and his bowels seem to be more sensitive, for he will not sleep when before he would—that is, he wakes and requires to be relieved of lumps that before would not appear to trouble his sleep. During these six months he has had very few natural movements in which he has not required assistance.

He never has taken anything cold into his stomach, requiring all his drinks to be quite warm, and will strangle rather than swallow cold water, or take his food even cool. He formerly would take anything we offered him between feedings—peppermint, warm lime-water, anise or warm water—but lately he has not been satisfied with, or willing to take, anything except food.

He weighed 9½ pounds when born, and now weighs 15¼—both times without clothing. His flesh is hard and he is very strong, but lacks endurance.

What does BABYHOOD suggest for food, as to treatment for the bowels, and as to the reason for the antipathy to cold drinks? D.

Blue Hill, Me.

First of all we must say that our advice is not in any way to displace that of the physician, which you will need to follow systematically; but we may give a few hints of what occurs to us in reading your letter.

You ask three different questions—(1) as to food, (2) as to the condition of the bowels, (3) as to drink. As no temperatures are given we interpret the phrases "cold" and "quite warm" in their ordinary sense—"cold" water of about usual drinking temperature when not iced, i.e., 40 to 60 degrees Fahr.; "quite warm" as meaning considerably above blood heat. (We may mention in passing that it is not easy to estimate the value of these vague terms, as we see at table one person sipping with pleasure coffee or tea at a heat which is uncomfortable or painful to another. Many wish their coffee above 150 degrees Fahr., and almost any one drinks it above 120 degrees, at least when first poured.) Starting with this premise, we would say that there is no

reason why a child should like a drink much below 80 degree Fahr. unless he has become accustomed to it. Breast milk flows into the child's mouth at a temperature of about 98½ degrees Fahr., or if the gland is actively secreting perhaps a trifle higher. This being the infant's standard, everything is regulated by it, and it is better that everything given to a young child should approximate this temperature. Attendants often err in making infant food decidedly hot, and presently Baby is brought by its hunger to tolerate this heat, and thereafter gets a habit of taking hot food. If this is so in your case, it would be a reason why a natural antipathy to cold drinks should be exaggerated. Moreover, if the child's food is given too hot, it may be a contributing cause to the condition of the bowels. We do not feel sure of our facts as to temperature, and so do not dwell on this element of cause.

We have considered your third question first. The condition of the bowels appears to depend largely upon the question of food, and in answering your first question we shall mainly answer the second. When foods disagree, the cause may be some feebleness of digestive power, but much more commonly an impropriety in the composition of the food or in the method of giving it. If the digestive power be really below the average, the food must be made as digestible as possible, and the digestion be aided by digestive ferments—pepsin, pancreatine, etc.—according to the views of the attending physician as to the special situation of the disability. If the food alone or its administration be at fault, correction of these things will be sufficient.

As to the present case, we may remark that no child of five months ought to have had so many foods tried upon it. Nothing can have been really and properly tried. The proper way with any food which has a reasonable ground for being tried at all would be this: If after a while it seems to disagree, try to find out why it disagrees and modify it accordingly. Such trials take time, patience and intelligence on the part of physicians and parents, but they ultimately succeed.

The condition of the stools suggests that the amount of casein ingested is too great for the child's digestion. This may be due to faulty composition of food, too large or too frequent meals, and, as before suggested, the heat of the food may have aggravated the trouble. As to Baby's unwillingness to take it at proper temperature, only this need be said, a very little hunger will overcome his objection. Babies never deny themselves food to any dangerous degree on any question of taste.

We have not been able to answer your questions categorically, but have given what hints we could. Among the foods that seem likely to succeed, we may mention milk prepared with peptogenic milk powder, the preparation having a larger-proportion of water than is usually directed, given in small quantities. The medicinal treatment your physician must direct in detail, and step by step.

Eggs at Five Years.

To the Editor of BABYHOOD:

After many years of benefit derived in general from the pages of your valued magazine, I come to you now for specific information.

(1) Are two soft boiled eggs, one in the morning, one at night, given say about twice a week, too many for a thriving, healthy boy of five years whose ordinary evening meal is a glass of milk with an occasional dish of farinaceous food?

(2) He is subject to blotches of a deep red, scaly nature on his chin. What causes these, and how are they best treated? Mrs. J. S.

New York City.

(1) Two eggs on two days in the week can probably be well borne, but we should think that one egg four days in a week would be less of a tax to the digestion unless there is some reason, not given, why the doubling up is desirable.

(2) The trouble is most probably eczematous, and as you have BABYHOOD for a long time please refer to your number for September, 1891, in which you will find an article upon eczema.

Sleeping in One Position.

To the Editor of BABYHOOD:

I thank you for suggestions concerning the food for my two-year-old boy. My physician advised my giving him Hoff's Malt, one or two teaspoonfuls twice a day before eating, and the change in his appetite is wonderful. This may help some BABYHOOD mother. I gave him only one bottle.

(1) Is it harmful for a baby nearly three months old to lie on his right side nearly all the time? He has always seemed more comfortable lying in that way, and is often very restless if put on his left side. He now sleeps from 6 P. M. until nearly 5 A. M. I put him in his crib wide awake after nursing him, and leave him with a little light shining in the room and he goes to sleep alone. Would it be better to turn him over if he seems quiet and comfortable?

(2) Is it common for so young a baby to sleep so long without nourishment? Both my babies have done so, but it seems a long time to lie in one position.

(3) Where is the best place to buy the patterns for the Gertrude short clothes?

Stoneham, Mass. A.

(1) Ordinarily it is better that a child should change position. There are exceptions to most rules and may be to this, and if the child seemed

really uncomfortable upon the other side we should not distress him merely for the sake of a rule. Nevertheless, if he sleeps very long in one position we should prefer to turn him over while yet asleep, to observe whether while asleep he were apparently any less comfortable in one position than another.

(2) It is not common, but sometimes we have seen it. Perhaps it would occur oftener if attendants were more judicious.

(3) We do not know of any being published. Contributors to BABYHOOD have described in previous numbers short clothes of their own designing which are appropriate to follow the Gertrude suit, but the name "Gertrude" belongs specifically to the "first clothes" designed by Dr. Grosvenor.

Milk Sterilizers; Questions of Diet; the First Walking.

To the Editor of BABYHOOD:

(1) Where can I buy a good sterilizer, and what will it probably cost?

(2) Is not sterilized milk constipating? Is not barley gruel with milk more constipating than milk alone with water?

(3) Why is it considered better to use barley gruel or oatmeal gruel with the cow's milk for a child with weak digestion?

(4) Will a pint and a half of rich milk sufficiently nourish a child of about seven months, given, because of poor digestion, every two hours, three ounces of milk at one feeding with two of water or barley gruel?

(5) What can I do to strengthen the weak action of the lower bowel, occasioned by dysentery during the whole of the sixth month?

(6) Would you advise the use of any cathartic, say Phillips's Milk of Magnesia?

(7) Would you advise the use of nux vomica for indigestion? Baby has suffered all his life and every day with colic, more or less acute.

(8) Do you recommend the use of baby jumpers? If so, what is the best kind? Is there any special virtue in allowing or encouraging babies to crawl? Would it not be as well to teach them to walk instead, if strong enough? I should think that crawling might tend to make the legs crooked.

Snoqualmie, Wash. SUBSCRIBER.

(1) Probably in any of the large towns of your State, certainly in the cities, from a good drug house. The Arnold sterilizer is the best for general use, and sells in this market for about $2 50.

(2) Sterilized milk is probably somewhat more constipating than milk unsterilized. Barley gruel does not in our judgment increase the constipating effect, but it is less laxative than oatmeal gruel.

(3) The salts contained in the gruels are useful, and many believe (while some disbelieve) that the gruels favor the formation of a finer and more digestible curd of milk in the stomach.

(4) A child of seven months should not be fed every two hours unless by special direction of a physician in attendance. The stomach gets too little rest. If it really can take only three ounces at a time you may be forced to feed more frequently than would be desired, but have your physician's explicit directions on the point. In the case of a sick child the question is not whether a pint and a half of milk is as much as we would be glad to have it take, but is it all that it can take and digest? To give more than will be digested would do positive harm. We believe that a pint and a half will do very well under such circumstances; as the child gets strength it can bear more.

Questions 5, 6 and 7 relate to medicines which may or may not be useful to your child. There is no fixed rule for the use of any drug, and you know that BABYHOOD never undertakes to treat individual cases.

(8) We do not recommend baby jumpers, but they are permissible, as labor-saving contrivances for the mother. Do not *teach* your child to walk or even to crawl. As the child gains strength he will get about. Crawling is less dangerous than walking if the bones are weak, but a baby needs no encouragement if after an exhausting illness it does not walk before it is fifteen or sixteen months old. As it is able, it will locomote if it sees things it desires to reach.

Nursing for Sixteen Months Inadvisable.

To the Editor of BABYHOOD:

Would you kindly tell me how often in the twenty-four hours my baby ought to be fed? She weighed at birth 8½ pounds; now at about seven months of age she weighs 18 pounds. I have nursed her entirely. She is very good and never has had a day's illness. She has no teeth yet.

Also do you think I could nurse her entirely until next autumn, when she would be sixteen months old? I have plenty of milk for her. We go away every summer for about three months visiting different relatives, and there would be such a constant changing of milk, besides the anxiety of making the food right when traveling, that I have wondered if it would injure the baby less to continue nursing her. M. G. M.

Nordhoff, N. J.

For the present and for some months to come every three hours during the day will be the proper interval, and six meals in twenty-four hours about the proper number—not more. If, for instance, you begin at 6 A.M. the meals will be at 6, 9, 12, 3, 6, and another when you retire or later if you prefer. The child ought then to go until morning.

It is exceptional in these days for a woman to properly nourish a child exclusively from the breast for twelve months. It is therefore exceed-

ingly improbable that a breast will be adequate for sixteen months, unless food is given in addition. Of course, you may be a rare exception; but in our experince, we have never seen a child, as we considered, *properly* nourished on the breast for so long. The chances of the child would, in our judgment, be better on good artificial food than on breast milk so old as yours will be. Even if you change, good milk can be had almost everywhere with care, and with care it can be rendered safe for food. Trouble and anxiety do not count when the safety of a baby is in question. Further, if you really cannot get good milk there are good substitutes in the form of prepared foods, which may be used for longer or shorter periods as necessary.

Undiscovered Causes of Colic.

To the Editor of BABYHOOD:

(1) When Carnrick's Soluble Food has been given once a day, with the breast milk at other times, should this be discontinued when diluted cow's milk is given?

(2) Is the use of ten drops of Lacto-peptine given in hot water occasionally to relieve wind colic injurious?

(3) The child is accustomed to being nursed once during the night, for at six weeks of age right inguinal hernia was produced (so far as we know) by crying from colic, and I have been afraid to attempt breaking him of the habit of night nursing lest he might injure himself in the same way again. Though apparently cured, he still wears a truss at nine months old. Should he be given nothing after his bed-time at 5.30 P. M. when weaned?

(4) He is nursed at regular intervals but still suffers sometimes from wind colic. My physician thinks it better to let him outgrow it rather than dose him with medicine. What is your opinion?

New York City. SUBSCRIBER.

(1) If you mean after the child is weaned, we think it better for you to decide what food you mean to use and not use two or more kinds. If you mean shall you give the food, diluted milk and the breast, we think this still more objectionable, because there would be three kinds, and it would be difficult in case anything disagreed to tell which was doing the mischief.

(2) Probably not.

(3) We do not notice how many meals the child has in 24 hours, but probably a meal at your bed-time is admissible.

(4) The best way is, of course, to discover, if you can, the cause of the colic, and to remove that cause. "Outgrowing it" would mean simply waiting for greater strength of digestion to come, which you would have to do if you cannot find and remove the cause. Medicines, if they really remove the cause, are useful. Medicines which only still pain or discharge gas must be used only when the symptoms are sufficiently urgent to demand them. In such a case, simple hot water is a medicine just as much as anise, peppermint or paregoric.

The Mother's Hair.

To the Editor of BABYHOOD:

I have been a warm friend to BABYHOOD for a number of years and have always felt thankful for the privilege of asking questions. Will the editor think me selfish if I come now to seek advice, not about my babies, but about my own *hair?*

Five years ago I had typhoid fever and had my hair cut short—it came out wonderfully thick and grew past my shoulders very fast. Three years ago I had my fourth baby and since that time my hair has been growing thinner and thinner. For eight months I have had my head rubbed, once a week, with brush and fingers, but it really is so poor that I am alarmed. It seems fairly thick on the head, but beyond that nothing. My age is thirty-one, I have good health, and as a girl had fine hair. My mother had the same as a girl, but now, at 60, has just about the same as myself.

Malden, Mass. L. M. B.

At your age and if in good health you should not become bald. You have done well to have your scalp massaged. You will do better to brush your hair for five or ten minutes daily with a long-bristled brush, whose bristles are set in clumps wide apart from each other, and with the bristles in each clump of uneven length. The brush should not be so stiff as to scratch your scalp. This, combined with the cure of any dandruff that you may have, and the maintenance of as high a state of general health as possible, should stimulate the growth of the hair. We cannot do more than give you these general directions without knowing more about your case.

Teething Pads; Glycerine Suppositories; Duration of Sterilizing.

To the Editor of BABYHOOD:

(1) I wish to know what you think of allowing a baby to hold in her mouth, to soothe and quiet her, something called a rubber comforter. It is a red rubber nipple (having no hole) attached to an ivory disk, which prevents it from passing too far into the mouth. Do you think it harmful?

(2) I would also like to know if there is more than one size glycerine suppositories?

(3) There seem to be differences of opinion as to the length of time necessary for sterilizing milk for infants. Will you please give me your advice, whether longer than forty minutes, and why?

Rochester, N. Y. Mrs. E. N. W.

(1) We do not approve of anything being put into a child's mouth for it to suck except as a means of getting food. The reasons for this have been repeatedly given in BABYHOOD. If anything is to be used, however, we think that the least

objectionable, the handiest and least expensive thing is the baby's own thumb. The special objection to red rubber is the coloring matter, which is said (we do not know how accurately) to be mercurial, and to be irritating to the mouth.

(2) We believe that there are at least two sizes.

(3) If one wishes to sterilize milk so perfectly that it may be confidently kept for a long time—a month or more, for instance—then a thorough steaming of at least three-quarters of an hour on two successive days is desirable. For ordinary nursery use one steaming is sufficient, and we think the time required varies with the condition of the milk before sterilizing and the heat of the season. In this city, in summer, milk, as ordinarily received, requires at least an hour's steaming to be entirely reliable, as, for instance, in a baby's hospital. Less sometimes will answer. In the country, where the milk can be had fresh for sterilization, or in cool weather, a shorter time will also be usually sufficient.

Bottles for Sterilizers.

To the Editor of BABYHOOD:

Are there no larger bottles made for the sterilizer than those that hold seven or eight ounces? I cannot find any in Boston. As my child grows older he needs more milk, and I should think larger bottles ought to be had to meet this requirement.

Brookline, Mass. Mrs. G. H. P.

There are nursing bottles made to hold twelve ounces, but very few children, if any, under a year should have more than eight ounces at a meal. After that age it is better to teach the child to drink from a cup.

If you wish bottles only for sterilizing you can get them of any size at an apothecary's. Very good strong bottles are those used for bottled soda or beer, and if kept clean will do very well for sterilization.

Biting the Lip.

To the Editor of BABYHOOD:

Will you kindly advise me through your correspondence column how I can break off an ugly habit of my little boy, who is about nine months old? Within the last two weeks he has begun to suck his under lip continually, and nothing that I do seems to prevent him from doing so. He has four teeth. Do you think the habit can come from teething? A MOTHER.

New York City.

The irritation of the gums may easily be the cause of the beginning of the sucking, which is continued from habit, but beyond persistent interfering with the habit we know of no cure. A substitution of thumb sucking for the lip sucking (as being the lesser evil, on account of its less disfiguration) is possible, but we cannot recommend it unless you have failed entirely to break up the habit without it.

Preparations for a Sea Voyage.

To the Editor of BABYHOOD:

As I am contemplating a journey across the ocean the early part of May and intend taking two young children, would you kindly advise me what preparations I ought to make?

(1) What is the proper clothing required, on the steamer, for a boy four and a half years old and a baby eighteen months old?

(2) Is it best to be provided with medicines, and what should they be?

(3) What kind of milk and other food shall I provide for the journey? My baby is now a little over one year old, and is in perfect health. I have weaned him, and all the nourishment he takes is boiled, viz., about one quart of undiluted milk, at the interval of three hours, with a piece of bread or a Graham wafer. He refuses all kinds of cereals I give him. Is the milk sufficient?

(4) Will a journey of this nature subject my children to any danger? A SUBSCRIBER.

Detroit, Mich.

(1) For the crossing, such clothing as would do for ordinary winter wear will probably be suitable. Early in May the weather on shore is subject to violent fluctuations—often a short season of high temperature being experienced—but at sea this is not likely to occur, and if it should come, the laying aside of heavy wraps will be sufficient. If the voyage be stormy, the children will probably be in bed. Warm woolen bed wrappers are a convenience if you are not too crowded for room.

(2) The ship's surgeon will have all necessary medicines, but you may find it convenient to have a few simple ones, such as a laxative—constipation being common at sea—remedies for colic and for nausea, such as peppermint and aromatic spirits of ammonia. Fortunately, little children seem usually to suffer less than adults from seasickness.

(3) Sometimes steamships have an adequate supply of milk, but sterilized milk can be procured easily. It can, in New York, be ordered sent on board ship. If you prefer, condensed milk can be taken. Bread and crackers can be had on the ship. If you desire a special kind, it will be safer to provide yourself. Milk alone is sufficient for a child of one year.

(4) There is no probability that your children will suffer more than temporary inconvenience from the voyage.

Indigestion; Cold Weather Outings.

To the Editor of BABYHOOD:

My baby boy is just six months old, has one tooth, and another visible. I nursed him partly until five

months; since then he gets pure cow's milk, sterilized, lime-water in every bottle, each bottle holding six ounces. His meals he gets regularly, three hours apart. He has always, with the exception of the last few weeks, been well, his digestion also being perfect until lately, but now he has stool sometimes five and six times in twenty-four hours, and he has no appetite whatever; his sleep also has been restless since teething began. I am much worried about the boy and would be very grateful to you if you could tell me something that I could do for him in order to relieve his trouble.

(1) Ought I to put cream in his milk; what can I do for his appetite; must I change his food, and if so, what shall it be?

(2) Can I lay his lack of appetite and his bad stools to his teething alone?

(3) Ought the child to go out-of-doors even when it is very, very cold? E. S. A.

Chicago, Ill.

(1) A child of six months usually cannot safely take pure (*i. e.*, undiluted) cow's milk. The average baby of twelve months finds it all that he can digest. You ought not certainly to add cream unless to a much diluted milk. We have spoken much of "cream foods," but they are not made by adding cream to milk alone. One of the best has this composition: Milk, four tablespoonfuls; cream, six tablespoonfuls; water, twenty tablespoonfuls; milk sugar, a tablespoonful slightly heaped. After sterilizing, add two tablespoonfuls of lime-water. This, as you see, makes a pint of food. But you can probably do better than that now by simply diluting the milk with an equal bulk of boiled water, the lime-water to be included in this amount of water. Probably his appetite will improve when his dietary is more suitable.

(2) We think not.

(3) No such absolute rule can be given. In our own opinion, in winter in draughty places (and Chicago winters are reputed windy), and especially if the streets be full of dust or of slush and filth, it is not desirable to take a child out daily. In such cases, we open the windows of a sunny room, which is well elevated from the ground, and dressing the child as for out-of-doors, give it airing indoors. In this way we think the advantages of air and sunlight are gained and the dangers of filthy streets in part are avoided.

CURRENT TOPICS.

Hints for Home Nursing.

It may be true that nurses, like poets, must be "born, not made." Nevertheless we believe a "made" nurse better than none, and that nearly every woman by giving intelligent thought may acquire knowledge that will greatly aid suffering ones that may sometimes be in her care. In every home provision should be made for possible illness. And it is often mother, elder sister or maiden aunt upon whom this thoughtfulness largely depends.

"Pure air, sunshine and cleanliness are three points to be kept constantly in mind," says a trained and experience nurse. Do not be afraid of sunshine. Keep the room bright as possible—a regular sun bath; allowing it to stream into the corners and across the bed will give vitality and new life, when the patient's eyes and general condition will bear it.

A screen or several will be found very useful in the sickroom. It should be very light, that it may be easily moved. I have seen the following for one: "A clothes horse will answer for the frame. Buy a couple of tubes of darkest green, thin with linseed oil and a little turpentine, and with a flat bristle brush paint the light wood frame. Dark green silesia tacked on one side to the frame will shut out light. On the other side you can pin up one picture at a time. If there is color in that one picture, so much the better. The nearer you can make your sickroom screen like the screen an artist uses in his studio, so much the better for the recovery of the sick child. The use of this screen is to rest and protect. The use of the picture is to amuse the child."

Guard against over zealousness. It is a great fault, especially with beginners who wish to do and do. It is irritating to the sick to be continually asked "Do you feel a little better now?" It is hard sometimes *not* to ask, when love and affection are one side, and disease, swift and terrible, on the other. I know from experience. But if

one will consider, she will certainly know without asking whether the patient is or is not better. Hang no cloud of a disagreeable nature over the sick. "Shadows" of all kinds should be kept from the mind. Do not tell a sick child "In half an hour you must take another dose of that bitter medicine."

Try invariably to converse upon pleasant topics, or not talk at all. And I beseech you, speak in a bright, natural tone of voice, not loud but clear, that the patient may hear without effort every word. Above all do not whisper. If he should not hear what is said, then it should not be spoken in his presence, and whispering savors of secrecy. A very sick, nervous person is quite liable to think the conversation about himself, and magnify a few words into something very important, and probably wide from the truth; yet he may be thereby made very uncomfortable, and possibly be seriously injured. Do not practice the whispering habit in sickroom or out.—*Mary L. Palmer, in Christian at Work.*

"Company" Table Manners.

THERE seems to be an idea among many people that there must be a different set of manners for company from what is observed in every-day life. While it is the proper thing to have for an invited company a more elaborate dinner and a little more ceremony in the service than for the family table, it must be remembered that one should not put on and take off good manners as one would a garment. They are a part of one's self, and whether the family meal consists of many courses, or only a cup of tea and a slice of toast, it should always be served decently and in order, and the manners of the members of the household should be such that one need not blush for them, even in the finest company. As soon as a child is old enough to come to the table he should be taught by precept and example what good table manners are. If the father and mother be so unfortunate as not to have had proper training themselves, they should study to correct any bad habits they may have, for the sake of their children. Let it be understood that good manners are not the acquiring of every new wrinkle that fashionable society may prescribe. There is a great difference between good manners and good form. What is good form to-day may be very bad form to-morrow, but good manners are not changeable. Unselfishness, kindly feelings and politeness are the foundation of good manners.

Good table manners demand that one shall take soup from the side of a spoon; shall eat with a fork, rather than a knife; shall take small mouthfuls of food and masticate quietly, making no unpleasant sound; shall take in the fingers no food except fruit, confectionery, olives, bread, cake, celery, etc., and that the members of the family shall be as polite to each other as to any guest. Where people rush through their meals there is not much chance for table manners or good digestion. If properly managed, the table can be made one of the most refining influences of the home.—*Ladies' Home Journal.*

The Spoiled Child.

I WAS the other day one of many passengers in a railroad train in which a small girl of four or five years of age was making a journey, accompanied by her mother and an aunt. The child was beautiful, with a mass of golden curls. Her velvet coat and the felt hat trimmed elaborately with ostrich plumes were faultless in their style; her behavior would compare unfavorably with the manners of a young Comanche Indian. She insisted upon standing in the center of the aisle, where she effectually blocked all passage, and, as the train was going rapidly, ran a great risk of being thrown violently against the seats. When remonstrated with by her guardians, she slapped her aunt full in the face, pulled herself free from her mother's restraining grasp, and, in a frenzy of rage, threw herself down right across the aisle. There she lay for a full half hour. When her mother would have raised her to her feet, she uttered shriek after shriek, until her fellow-travelers' ears rang. After this triumph of young America over the rule and command of tyrannizing mamma, the innocent babe was allowed to remain prostrate in her chosen resting-place, while brakemen, conductor and passengers stepped gingerly over the recumbent form. She varied the monotony of the situation by occasional wrathful kicks in the direction of her mother or at some would-be passer-by.

"It is best to let sleeping dogs lie," sighed the mother of this prodigy to her sister. "When she gets one of these attacks (and she has them quite often) I just leave her alone and she becomes ashamed of it. She can't bear to be crossed in anything."

When I stepped from the train at my destination the humiliation for which her attendants longed was still a stranger to the willful child. . . .

The prime rule in the training of children

should be implicit obedience. The child is happier for knowing that when a command or prohibition is stated there is no appeal from the sentence, and that coaxing avails naught. Uncertainty is as trying to small men and women as to us who are more advanced in the school of life.

So much depends upon this great principle of obedience, that it is marvelous that parents ever disregard it. I have known in my own experience three cases in which it was impossible to make a child take medicine, and death has followed in consequence. One of the most painful recollections I have is of seeing a child six years old forced to swallow a febrifuge that was not unpalatable in itself. The mother, father and nurse held the struggling boy, while the physician pried open the set teeth and poured the liquid down his throat. Under these circumstances it is probable that the remedy proved worse than the disease.

I have not space to do more than touch upon the great influence of early training on the future life. All my days I have been thankful for the gentle but firm hand that, as a child, taught me moral courage, self-denial and submission. The temptations of life have been more easily resisted, the trials more lightly borne, because of the years in which I was in training for the race set before me. We do not want to enter our children on the course as unbroken, "soft" and wild colts, whose spirits must be crushed before they will submit to the work assigned them. They may be young, yet strong; spirited, yet gentle; patient, yet resolute.—*Marion Harland, in Housekeepers' Weekly.*

The Importance of Bodily Health.

THE public health is a great public concern. It is the people's cause. It appeals not only to the wage-worker and the bread-winner, but to those of all classes and conditions of society. Whether we will or not the physical stamina of a nation to a great degree determines its intellectual and political status. A weak man or a weak woman may do great things, but weak nations do not keep on doing great things. The old age of nations requires robustness. If this is not fostered and continued, the nation itself dies or is crippled in comparative youth. It is the record of the Romans that they showed physical, before they did intellectual or moral decadence. It is a great political and social question and one for wise statesmanship to consider how the physical welfare of a people is best to be promoted. It cannot be left without a plan. Labor is healthy, but if allowed its way it goes on under many enforced conditions prejudicial to vigor. Recreation is healthy, yet it may be so conducted as to lead to an ease as ignoble for the body as for the mind. Food is healthy, but it may be so indulged in as to wreck and ruin the noblest framework. Sleep is healthy, and yet the sluggard may need to go to the ant not only to learn wisdom, but to find an animal living in accord with the laws of its being.

It is high time to realize that the great national problem is on hand. How to preserve the health of the people. Study it as bearing on happiness and contentment, or on intellectual and moral productivity, it is far beyond astronomy, botany, mechanics or the arts. Study it as an economic factor and it is appalling, not only in view of sickness and death, but of the reduced vitality that remains to the nation that survives.—*New York Independent.*

Remember the Family Anniversaries.

As a people, we pay far too little attention to birthdays and other family anniversaries. Too much cannot be done to make home attractive, so that our boys and girls will prefer it to all other places.

"This has been the nicest day I ever knew," said a boy to his mother one evening. "The birds have all been singing, and the sun has shone every minute, and everything has been so lovely, just for your birthday, mamma, and I'm so glad!" and he emphasized his gladness with a hearty hug and kiss. For weeks the boy had been looking forward to this day, planning and making a little birthday gift as a surprise, and when the time came, his whole mind was given to making his mother happy.

"But it's so much trouble to celebrate birthdays," complain some mothers, "and in large families they come so often."

Yes, it is some trouble; but how can we keep our children contented and happy at home without taking trouble? And no mother regrets the trouble when she sees her children regarding their home as the very best place in the whole world. Try to celebrate the birthdays one year, and see if it does not "pay" in the enjoyment of the whole family. Let no one be forgotten, from father to Baby, and try to have each one interested in all the others, planning, if possible, some little birthday gift. No matter how simple or trifling it may be, the love and thoughtfulness which go with it will make it precious.—*American Agriculturist.*

Babyhood.

Devoted exclusively to the care of infants and young children, and the general interests of the nursery.

Vol. VIII. APRIL, 1892. No. 89.

THE HEADACHES OF CHILDHOOD.

I.—CAUSES.

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CHILDREN have headache, and it differs materially both in its cause and symptoms from that of adults, popular opinion to the contrary notwithstanding. It used to be the fashion to attempt to "shame" a child out of a headache, and I well remember the look of incredulity with which I was regarded in my younger days when I modestly affirmed that I was suffering from headache, but *nous avons changé tout cela*.

Headache is a symptom of such frequency, and one that precedes and accompanies so many diseases, that to treat of it fully would require more space than is here practicable. The headache of acute disease, such as fevers, inflammatory affections, grippe, etc., will not be considered here except so far as may be necessary to separate the headache of these disorders from the simpler forms about to be described. Headache pure and simple, unconnected with any other disease, has never seemed to attract the attention its importance demands. Patients rarely get much satisfaction from their physician when they consult him for headache. The subject is either regarded as too trivial to devote much attention to, or previous failures have discouraged the doctor in his attempts to relieve this unfortunate class of beings.

Headache in one form or another is one of the most common ailments of childhood. From its very frequency it ceases to attract attention. "Oh! a headache; he is used to that." Very little sympathy is wasted on these unfortunates, be they children or adults, and yet it is a grievous affliction and hard to be borne. Few children are believed when they complain of headache. They are generally thought to be malingering. If it happen on Sunday it is called a "Sunday headache" by way of satire, and if on some other day it is an excuse to stay out of school. Judgment is entered against the child and the right of appeal is denied. So much for ignorance on the part of those who ought to know better.

The fads and fashions of modern life exert a wonderful power for evil, and are responsible for much of the headache and "nervousness" of later life. A child needs discipline, but he should at the same time be developed, not dwarfed, by the stiff and arbitrary conventionalities of modern society. Then the high pressure system by which children are pushed and driven from one class to the next in our steam-heated, ill-ventilated, overcrowded school buildings is enough to break down the health of the strongest; what chance, then, have the weaker ones? To all this must be added the excitement and nervous strain begotten of rivalry and competition, no less than the shame and mortification experienced by those who are so unfortunate as not to "pass." And yet the average parent, through pride or ignorance, it is hard to say which, urges forward his already overtaxed child to still greater exertion that he may have the satisfaction of knowing that his child has distanced his neighbor's; and at what a cost! broken health that perhaps can never be restored.

I know it is claimed by some writers and teachers that the position here taken is incorrect; that hard work never injures any one, man, child or beast, much less tends to impair health or shorten life. This question is not a new one, but it deserves a more rational treatment than it has yet received. The distinction between childhood, with its attendant growth and rapid development and its naturally delicate nervous system, and manhood, with its complete and perfect development, with a nervous system stable and secure, is constantly lost sight of. Work, intellectual or otherwise, *per se* is not a thing of evil. A man or woman, except in a state of slavery, cannot be driven beyond a certain point, but a child is often taxed far beyond his strength. Look at the efforts constantly put forth by philanthropists to curtail the hours of labor of children in factories, etc., by legal enactment. Demands beyond their strength and years as regards physical labor by employers are prohibited by law, and the State protects its children from the greed of corporations and the unnatural feeling of slothful or avaricious parents. But when it comes to overtaxing the mental powers, no hand is raised to stay. The State has no authority, the parents see no necessity, and the teacher has no desire, so long as the child can stand up under the strain.

The palpably absurd idea that children of about the same age all have the same mental endowment, and may be expected to average the same proficiency in their respective classes, is another fallacy so patent that it would seem hardly necessary to mention it. Pupils very unequally matched mentally are expected to do the same work in the same length of time. Is it great wonder, in these circumstances, that some of our children have headache, are nervous, excitable, peevish? that they do not develop physically as they should, and that many grow up to be confirmed neurotics or suffer the rest of their lives from headache in some form?

Varieties.

Medical writers find great difficulty in classifying the different varieties of headache met with in practice. Some extend the list inordinately, others restrict it to three or four groups. Inasmuch as the limits and scope of this article forbid a general and thorough discussion of this extremely common and distressing ailment, I shall not attempt a scientific division or classification. I shall describe three principal varieties and allude to some others in the diagnosis of these three. The first and most easily recognized variety is migraine or "sick headache." The second is dyspeptic headache. The third is the headache of anemia and malnutrition.

Migraine is a French word, which has been adopted by modern writers on nervous diseases to designate a certain variety of headache. The old writers described a form which they termed hemi-crania, because the pain was usually limited to one side of the head. The French word migraine has come to be synonymous with it. It is popularly known as "sick headache" and "nervous headache." Bilious headache is a term sometimes applied to this condition, but is a misnomer, as will be shown later on. Great confusion exists regarding this affection, which, from its extreme frequency and the vast amount of suffering it occasions, deserves to be better understood.

Causes.

As in all other troubles, causes are divided into predisposing and exciting. Chief among the former is hereditary influence. I know of no disorder, not excepting consumption, where this is more marked. It "runs in the family." With adults, sex bears a part in the causation, females being considered more susceptible than males, but with children the two sexes are affected about to an equal degree.

Migraine was formerly considered a disease of adult life only, but modern writers hesitate no longer to place it among the diseases of childhood. Many children begin to suffer from characteristic attacks at as early as seven or eight years of age, and I have known cases where there could be no mistaking the malady in children only five years old. It is during the period of bodily development that the first outbreaks of migraine occur, and

especially about puberty in both sexes—a critical time in the development of the nervous system. Few cases develop after twenty-five, and it has been stated that if one be not attacked previous to this time he will escape from it the rest of his life.

The exciting causes are numerous, and vary with different individuals. Among the most prominent are worry, fatigue, excitement of all kinds; exposure to the sun; exposure to cold, as riding in the wind; traveling, especially by boat; and it is to be remarked that some persons are affected in the same manner on the cars or by riding in a carriage. The loss of sleep is also to be reckoned among the exciting causes, and I have observed that too long or too sound sleep, as, for instance, on Sunday mornings, will cause an attack with great regularity, but this regularity can be broken up by rising at the same time on Sunday as on other days. Some authors claim that indigestion and biliousness must be counted as factors. These conditions sometimes exist, but in most cases are only accidental.

Migraine has several remarkable characteristics. Its most striking peculiarity is its paroxysmal character; it cannot be termed periodical, as the attacks recur at irregular intervals with a few rare exceptions. Children form no exception to this rule. Its hereditary nature has been alluded to; of course, it is not meant to be understood that every member of a family suffers, but where not explained by atavism, it will be found to run back several generations. Then the similarity of the attacks soon attract the attention of the patient himself as well as other members of the family. And lastly are to be mentioned the so-called prodromes, or peculiar premonitory symptoms in connection with vision.

Symptoms of Migraine.

The following description of an attack of migraine is made up from the records of a large number of cases observed by the writer, and while it must not be expected that all the symptoms enumerated will be found in each individual case, a majority will be found to be present. The attack comes on gradually. Usually on waking or soon after, the patient discovers a deep seated pain in one side of the head, either in the temporal region or over the eyes. This increases hour by hour up to a certain point till it seems almost unbearable, when, after a variable period, it begins to decline, and on a sudden it vanishes. This, however, is not invariably the case; some persons can obtain no relief till after a natural sleep, that is, a night's rest. Migraine occurs at intervals of one or two weeks or longer—sometimes months could be substituted for weeks—and again others suffer from it every few days, for weeks together. As a rule, it observes no regularity or periodicity.

While it is true that with adults migraine almost invariably begins in the morning on waking, it frequently happens that with children it requires a certain exciting cause to develop the attack, such as the excitement of traveling, the motion of a railway coach or a boat, or the mental strain of severe or protracted study at school. This is an important point in discriminating between the various forms of headache in children. The character of the pain is at first dull and boring; but, as it increases in intensity, it becomes more acute, with a feeling of tension, as though the head would burst. Some patients tie a handkerchief tightly around the head to obtain relief. During the height of the attack many persons compare the pain to a nail being driven into the skull. Lying down affords some relief, but the chief reason for doing so is usually the feeling of prostration which the intense pain causes, along with the persistent nausea; when vomiting occurs, this causes still further relaxation and distress. The eyes are sometimes congested and watery. Light and sound to some are almost unbearable. In most cases the feet will be found to be cold, the patient sometimes complaining of this symptom. The hands, too, are cold and the face pale. The pallor in some cases is very marked, especially of the forehead, which often is as white as marble. Chilly feelings are also experienced, and if lying down, the patient desires to be well covered with blankets, even in warm weather. The

pulse is slow and feeble; there is *no fever*. The appetite is completely abolished. The sight and smell of food often give rise to nausea, and if food be taken, it invariably adds to the distress. A few patients obtain more or less relief from vomiting, but children rarely reach this stage, though many have nausea. The nausea in some cases is terrible, causing great prostration and loss of muscular strength. An attack or paroxysm lasts, in an adult, from five hours to two or three days; few cases, however, continue so long as this; nine hours is about the average length of a paroxysm. With children, in perhaps half the cases met with, the attacks are shorter, since they frequently do not come on till later in the day as the result of some exciting cause, and migraine rarely runs over to the next day. A good night's sleep in most cases is curative. Between the attacks the patient is quite well, as far as the headache is concerned, and in a large proportion of cases the general health is excellent.

We now have to notice the so-called prodromes. These consist chiefly of certain disorders of vision, such as hemiopia, which means ability to see only half of an object. In other cases colored balls appear and move away before the patient, almost always on one side. In still other cases the patient sees bright specks floating before the eyes and fiery zigzags. Some writers lay great stress on these peculiar manifestations, but I think undue prominence has been given them. That they do occur no one will dispute, but they are by no means as frequent as some would have us believe. It is obviously not reasonable to expect a young child to accurately describe symptoms of this character, and, moreover, it is well known that a child may be led by suggestion to imagine that he suffers from the most diverse subjective symptoms.

Character of Migraine.

The pathology or essential nature of migraine is obscure and unsettled. No end of speculation has been indulged in by writers on this subject, but candor compels me to admit that thus far no satisfactory explanation has been given of its real nature. However, if we cannot say what it is, some popular delusions on the subject have been exploded, and we can say quite positively what migraine is *not*. It is certainly not neuralgia, as that term is ordinarily understood. It is not a "gastric" nor "bilious" headache, as was long believed both by the profession and the laity. The theory most in favor at the present time is that of eye strain. While admitting that this explains in part, and that it finds favor with some eminent men, I am not yet prepared to accept it as sufficient for all cases.

Some have thought that an intimate relationship existed between migraine and epilepsy. I wish to say, for the benefit of those who may have seen this gratuitous piece of information, that in my opinion it is absolutely groundless. Facts and arguments could be adduced in support of this statement, but a full consideration of this proposition would be impossible in this article.

It is hoped that by the foregoing the reader has become acquainted with the general character and causes of headaches, so far as they are understood. Some hints in relation to treatment will be given next month.

DIET AFTER WEANING.

THE accompanying diet table will be found useful as a guide in feeding children between the ages of one year and three years. It was prepared by Prof. L. Emmett Holt for the use of his pupils at the New York Polyclinic, and was given by him to the Editor for the benefit of BABYHOOD'S readers, with permission to modify it in any way we might think best for our purpose. We see no occasion for modifications, as the dietary is a very judicious one and amply liberal for any child.

Children of delicate digestion or digestive peculiarities may need restrictions. For instance, many children will do better with few or no vegetables until after eighteen months of age. And of the permitted ones it is well to note peculiar effects. Thus to some children, as to some adults, onions are productive of flatulence. Asparagus tops considerably increase the excretion of urine and impart to it a very disagreeable odor, which is ordinarily of no moment, but is worth mentioning, as we have been consulted regarding it by mothers who were unaware of the cause.

The recommendation regarding the use of cereals without sugar should be emphasized. To many children we are sure that the sugar does more harm than the cereal can do good; and the combination of starchy grain-food with the sugar makes a fermentable substance capable of doing great mischief to the digestions and the general health of some children.

The readers of BABYHOOD will do well to study the list of "Articles Forbidden" quite as carefully as that of "Articles Allowed."

From One to Three Years.

ARTICLES ALLOWED.

MILK.—Always the basis of the diet, one quart daily; without dilution unless very rich; always warm.

EGGS.—Soft boiled or poached, never fried, not oftener than three times a week.

MEATS.—After eighteen months, if most of the teeth are present; once daily, finely bruised or scraped: rare roast beef; roast lamb; broiled mutton chop or beefsteak; white meat of chicken or turkey; fresh fish, boiled or broiled, bones the only drawback.

VEGETABLES.—Potatoes (not till two years), roasted; peas; asparagus tops; spinach; string beans; boiled onions; stewed celery; all should be very well cooked in season and fresh.

CEREALS.—Oatmeal, wheaten grits, hominy, barley, rice, farina and arrowroot; all should be cooked at least two hours and given with milk, well salted; better without any sugar.

BROTHS, ETC.—Beef juice expressed from broiled round steak ($\frac{1}{2}$ to 1 pound); mutton or beef, or chicken broth, as follows: 1 pound finely chopped lean meat, 1 pint water, stand on ice four to eight hours, cook slowly one hour, strain and season with salt, cool and skim off fat.

BREAD AND CRACKERS.—In some form to be given with each meal, only stale bread (well baked), toast, zwieback, Graham, oatmeal and gluten crackers; with meals only.

DESSERTS.—(After two and a half years), plain custard; ice-cream; rice-pudding (no raisins); baked apple; stewed prunes.

FRUITS.—(After twenty months), oranges; (after two and a half years), apples, pears, grapes, berries, etc. In the country, almost all varieties in moderate quantity; give very cautiously in cities and during the summer.

ARTICLES FORBIDDEN.

The following articles of food are improper for a healthy child *under three years*, under all circumstances.

MEATS.—Ham, sausage, pork in all forms, salt fish, corned beef, dried beef, goose, duck, game, kidney, liver and bacon, meat stews and dressings from roasted meats.

VEGETABLES.—Potatoes, except when roasted; cabbage; raw or fried onions; raw celery; radishes; cucumbers; tomatoes, raw or cooked; beets; carrots and green corn.

BREAD AND CAKE.—All hot bread, biscuits or rolls; buckwheat and all other griddle cakes; all sweet cakes, particularly those containing dried fruits and those heavily frosted.

DESSERTS.—All nuts, candies, dried fruits; all canned or preserved fruits; pies, tarts and pastry of every description.

DRINKS.—Tea, coffee, cocoa, wine, beer and cider.

FRUITS.—Bananas; all fruits out of season; all stale fruits, particularly in cities and during the summer. Grapes are objectionable only by reason of their seeds. With most of the other fruits, it is excess in the quantity which makes them injurious.

MEALS.

A child during the second year ordinarily requires five meals a day; three of which, the 7 A.M., 1 P.M. and 7 P.M. meals, should be the most important, those at 10 A.M. and 4 P.M. being lighter.

During the third year four meals only are required, the 4 P.M. meal being omitted and the supper given at 6 P.M. Nothing except water should ever be allowed between meals.

WILL HE OUTGROW IT?

CATARRH.—CHRONIC ENLARGEMENT OF THE TONSILS.

BY D. BRYSON DELAVAN, M.D.,

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THIS question, when applied to the diseases of the upper air passages commonly met with in children, is one which possesses for us the greatest interest and importance.

No region of the body performs so vital a function as does that through which passes the "breath of life," that wonderful agency upon which the whole being so absolutely depends, the loss of which, even for a few moments, means death, and whose impairment is followed by wide-spread injury to the physical and mental welfare of the individual. While the last statement is true of the adult, it applies to the child with manifold force. Anything which affects the breathing of the young should be regarded as one of the gravest of misfortunes; and the question of its existence, duration and probable results should be met with the utmost fairness and truth. It is the purpose of this article to state what diseases of the upper air passages most often affect the young, to describe their course and the ultimate results with which they may be attended, and finally to study the probabilities of their being, in the natural course of events, outgrown. All of this cannot be done at once, for the number of difficulties to which the air passages are subject is very considerable. Indeed, they cover such varied ground, that in describing them we must take each one singly and by itself, for each has its own peculiar features, symptoms and results. If asked to name the most common we would select the following:

Catarrh, enlargement of the tonsils, adenoid vegetations of the pharynx, bronchitis and, finally, although they are not, properly speaking, diseases of the air passages, certain chronic affections of the ear.

All of these troubles have certain features

in common. These we will consider at once, and then go on to the study of each by itself. First, with regard to the age at which they may occur, it is a matter of common observation to find them present at a very early period of life. There are few nurses, probably, who have not known of infants who suffered from nasal catarrh, or "snuffles" at birth, while by the physician it is well recognized that enlargement of the tonsils, adenoid enlargement and bronchitis may be present at the time of the child's entrance into the world. Of course it is not often that these diseases actually appear in such young subjects. It is far more usual to find them developing at a later date. There is no time, however, so early that they may not possibly appear, and becoming established, inflict upon the child injuries which, later in life, it may be impossible to repair.

The question naturally arises, what will be the progress and the results of these disorders? Will they tend to improve as the child gains increased strength and vigor with advancing age, and finally disappear, leaving behind no traces of their former presence? Or, will they, on the other hand, drag on through the earlier years of the child's life, only to become confirmed as he grows older, and to fix upon him deformities and weaknesses which will influence for evil his whole future life, or perhaps prematurely end it? Certainly these considerations must lend much weight and seriousness to our inquiry, and should cause us to approach the subject with the greatest care. We will begin with the disease generally known as

Catarrh.

Catarrh is an inflammation of the lining membrane of the nose and throat. It may be acute, as when one has a cold in the head, or it may become chronic, in which case it is a more or less permanent condition. The disease, if acute, will subside in due time, and will not be likely to recur unless the patient be exposed to influences similar to those which brought about the first attack.

Should the acute attacks occur with frequency, the catarrh may become chronic. In this case, if the patient be surrounded by the same causes by which the condition was originally produced, the tendency will not be toward recovery. In other words, unless the child be removed to a more favorable climate, unless his hygienic surroundings be improved, or unless proper medical treatment be employed, he will be likely to suffer more and more until at last the disease will become so fixed upon him that none of the above means will be likely to effect a cure, and he will have become a genuine victim of chronic catarrh.

This is a disagreeable and unfortunate affliction, in which there is loss of the sense of smell, destruction of the ability of the nose to prepare the air, as it is breathed inward, for its reception by the lungs, the creation of an offensive discharge, or of dry crusts which give forth a most unpleasant odor, and finally, the combination of an array of symptoms which may render the patient alike uncomfortable to his friends and to himself.

A little judicious treatment applied promptly, and at the first beginning of the disease, might have been the means of avoiding all of these disastrous results. Without it, the case has gone on from bad to worse, until what might have been entirely removed with comparative ease, has become so firmly established that in many cases the best that can be done is to relieve the more distressing symptoms, unless the patient be willing to undergo a long continued course of treatment. Catarrh is not apt to be outgrown, as the large number of adults who have suffered with it from childhood will amply prove.

Permanent Enlargement of the Tonsils.

Is another condition which claims our attention, and, more especially, because it is popularly believed that these organs have a natural tendency, when enlarged, to diminish in size as the child advances in age. Many physicians even are in the habit of saying when consulted upon the subject that the child will "grow to his tonsils." Exactly what is meant by this expression it would be hard to explain. The folly of it will appear to any one who has made a study of

such cases. Acute and sub-acute enlargement of the tonsils may readily subside, especially under proper local and general treatment. Chronic enlargement, however, is a very different matter; and while in exceptional instances the tonsils may grow smaller as maturity approaches, in the majority of cases the reverse is the case; the tonsil remains enlarged during the period when its presence is most productive of evil, namely, during that time of life in which growth is most active. By its presence it causes many symptoms which directly interfere with the child's nourishment, and hence with his growth. Thus, breathing is impeded and lack of the necessary amount of air causes the blood to be poor, the lungs to be irritated, the chest undeveloped and the brain not properly nourished. Digestion is interfered with, and the strength is thus again impaired, while the special senses of hearing, smelling and tasting are often seriously affected, and speech is rendered thick and imperfect.

As a result of these various depressing influences, the child is apt to grow up weak, puny and delicate. Meanwhile he is subject to various dangerous accidents, as the direct result of the presence of the offending tonsils. Such children are more liable than others to bronchitis. They are more susceptible to the most dangerous of the infectious diseases, particularly diphtheria and scarlet fever, and when attacked by these maladies, they suffer far more severely, as a rule, than children whose tonsils are natural. The rate of mortality among them is undoubtedly higher than among healthy children, both by reason of the greater severity with which the disease attacks the throat and because of the feeble general condition of the child. While, therefore, a child is waiting to "grow to his tonsils," his constitution is being impaired, or in fact ruined; and should he escape the numerous accidents by the way, he will arrive at man's estate in poor condition to begin the battle of life.

After all, and in spite of the above described accidents, can we look forward with any certainty to the tonsils assuming a natural condition, when at last the child has grown up? The answer is decidely, no! In the first place, it is by no means uncommon to find enlarged tonsils in the adult. They may begin to enlarge at any time before forty, and they often do enlarge after eighteen years of age. Even if the large tonsils of childhood do grow smaller, the result is far from being a healthy organ. Chronic inflammation, the tendency to repeated acute attacks of tonsilitis or of quinsy, disease of the crypts—all of these things may follow the patient through life, causing troubles which are sometimes continuous, sometimes periodic, but always annoying, and occasionally extremely distressing and even dangerous. Finally, it would be unfair to leave this part of our subject without explaining why the idea that the child will "grow to his tonsils" has in times past been so often believed.

The statement has been based upon the fact that of all cases of enlargement of the tonsils seen, by far the largest proportion are below the age of twenty years. These statistics, however, are entirely unreliable. Of course the number seen above the age of twenty is smaller, first because a certain proportion of these children never live to become twenty; and secondly because a much larger number, either through the intelligent appreciation of their parents or medical advisers, or through the impulse of their own sufferings, do not wait to try the unpromising experiment of "growing to their tonsils," but seek medical aid and are cured.

To sum up the whole matter, children DO NOT outgrow disease of the tonsils, excepting in unusual cases. The experiment of waiting to see whether they will or not is fraught with danger for the present and discomfort for the future.

Only the other day the writer saw a man aged forty-five, whose tonsils were so large that they almost met in the middle of the throat; and yet when a child he had been advised against treatment and told that he would "grow to his tonsils" by one of the most eminent ear specialists in England. All his life he had suffered from frequent sore throat, obstructed breathing, unnatural voice, inability to swallow with ease, loss of the

sense of taste, and snoring and restlessness at night; and he greatly regretted having followed the advice which had cost him so much unnecessary loss of time, impaired usefulness and real suffering. Many similar cases could be cited. They occur commonly in the practice of every physician. Sooner or later such a patient will recognize the folly of the advice which through either ignorance or carelessness has cost him so much, and he will be likely to criticise it with bitter severity. There is no age at which enlargement of the tonsils may not be injurious to the child, and, on the other hand, there is no age at which, in the existence of such a condition, prompt relief should not be afforded.

The other diseases mentioned in this article, adenoid enlargement at the vault of the pharynx, bronchitis and inflammation of the ear due to pharyngeal disease, will be discussed in a subsequent number.

INGROWING TOE NAILS.

THE mother of a child of two and a half years describes him as having an ingrowing nail on each foot, and asks for full directions regarding the treatment of the ailment. The matter seems to us of sufficient moment to speak of a little more fully than in the department of "Nursery Problems."

It need hardly be said that an ingrowing toe nail is never an inherited deformity, but is always acquired, and, we may as well add, quite unnecessarily acquired. It is due to pressure from the shoes or stockings, or both, in improper directions. The toes ought to bear pressure only upon their under surfaces, which are prepared to sustain it. If the foot were never shod the nails would probably never become ingrown, and they probably also never would if the shoeing were proper. In Volume III. of BABYHOOD, p. 364, is an article on proper shoeing for children. It may be very difficult in many parts of the country to get shoes of proper shape, as trade shoes are made to follow the prevailing fashion, which for some years past has favored pointed toes; and often the lasts of the shoemaker are of the same objectionable shape.

The process by which an ingrowing nail is produced is this: Fig. A is a diagram of cross-section through the toe nail. The flesh lightly covers on either side the margin of the nail. If the toe is pressed upon from the side, the edge of the nail becomes rolled down slightly, and gradually becoming worse, may turn down, as in diagram B. In the meantime the flesh is pressed against and up and

over the nail, and usually becomes inflamed and thickened, and often in adults ulcerated. By reason of the fact that the commonest error of shape in shoes is the cutting away of the toe on the inner side, it is the inner side of the great toe that is the commonest site of the trouble.

Now, how to cure it. First, real cure can hardly be expected so long as the vicious shoeing is continued. There must be space for the toe to freely move away from its fellows, as by nature it does. Often such improved accommodations alone will produce a

cure. The stocking should also be of proper shape. We are glad to see advertised for men properly shaped socks, and should be glad to welcome similar ones for children, who particularly need them. It is also desirable that the heel of the shoe should be low and broad, so that the foot shall not slide forward in the shoe and be thus more cramped than it otherwise would be.

Severe cases require surgical treatment, which need not be described here. Domestic treatment is sufficient for many of the milder cases. First, therefore, attend to the details regarding shoes and stockings mentioned above. Then the ingrowing edge of the nail must be as much as possible coaxed out by the following devices: Never cut off the corners of the nail or the down-growing edge, as it stimulates the vicious tendency; cut the nail square across, then scrape it down them iddle with a piece of glass or a knife, and cut a notch in the centre of the free border, as shown in diagram C. These last manœuvres have a tendency to draw the edges of the nail away from the flesh. Keep the margins of the flesh and nail very clean, and draw under the margin of the latter a strip of lint or absorbent cotton, or thrust it under with a small, smooth instrument; the round end of a hairpin or a match stick whittled flat will do if nothing more convenient is at hand. If the flesh is much irritated or inflamed the toe may be poulticed or wrapped in bandages wet with simple water or lead water. If there is much ulceration astringents may be needed, such as burnt alum powder, or the powder of nitrate of lead, which has been much praised for dusting over the raw surface to stimulate healing.

C

METHODS OF SECURING OBEDIENCE.

BY REV. F. H. PALMER.

NO subject seems to me of more vital importance than this old one of how to secure obedience from the children in our homes. Though old it is ever new—as new as the fresh stream of young life that perennially prattles through the world's nurseries. The same problems that baffled our grandmothers, and our grandmothers' grandmothers, still baffle us.

Yet the solution is being slowly worked out. BABYHOOD is the repository to which all thoughtful students of the new science of *Infantology* bring the products of their researches. Please receive, then, this contribution from one who is dealing with this vital question on the practical as well as the theoretic side. Four children, two boys and two girls, are the subjects of his experiments, if not the demonstrations of his theories. The fact is mentioned because the problem of securing obedience from one child is often a very different one from that which is involved in dealing with more than one. Insubordination is "catching" as measles, and the temptation to it is vastly enhanced by the presence of spectators who may become co-rebels. In most of its phases, in his own children and in other homes, the writer has observed this childhood malady, and it has come to seem to him one of the most dangerous foes to human health and happiness. "He can never command who has never learned to obey." A noble man or a gracious, charming woman rarely emerges out of a willful, uncontrolled boyhood or girlhood. A happy, harmonious home is a type of heaven. A home filled with contentions, and all the wretchedness of clashing personalities, is a foregleam of hell. Equally for our own and their sakes, we ought to

see to it that our children learn implicitly to obey. If we deal thoughtfully and wisely with them no serious difficulty will be found to oppose a full success. The observance of three simple rules will greatly help us.

In the first place, *we should begin at the very beginning of the child's conscious life.* The intelligence, the acquisitiveness or learning capacity of a new-born baby is very generally underestimated. The care and love with which a new immortal, ushered "out of the somewhere into the here," is usually regarded, are good and natural, but they should be accompanied by common sense. This is a little *mortal* as well as immortal. He is born with a will, and he already knows how to use it. One of the great ends for which he has been thrust into this earthly experience is that he may train his will and learn to live harmoniously with other beings. Don't—fond parent—handicap him from the start by teaching him before he is a week old that he may have the moon if he will only cry for it.

It is not cruelty to a little child to insist upon a nearly absolute regularity in his habits. It is not unkindness to make him understand in his first fortnight that other people have wills and rights as well as he. I have a profound conviction that the seeds of many a wayward prodigal's sinful and heart-breaking career were sown in the *bottle*, which he was taught that he could get by screaming for it, or in his mother's indulgences when she gave him his way to save her the trouble of insisting upon her better way, in the earliest years of his infancy. Begin right and you have more than half won the battle. Insist upon the nurses and aunties and grandmas beginning right. Don't let others spoil your baby's morals before you get hold of him. If you or others begin wrong, in a day or a week the chains of habit will be riveted around him; and these may prove to be fetters which only years of patient effort may undo.

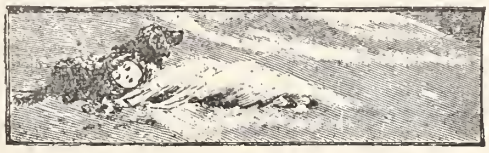
Secondly, *be firm.* This means always require a prompt and ready obedience, and having, in a specific instance, indicated to the child something that he should or should not do, don't lightly change your mind about that thing.

If you say that Charlie can't have cake for supper, see to it that he has no cake. Don't say by and by at supper-time, "Well, you can have just a little because you were such a good boy this afternoon"; or "because there isn't much else for supper"; or because playmate Tommy, who has come in to tea, eats it; or because you want to give a cake-bribe to induce Charlie to take some disagreeable medicine. Having said "no cake," don't let him "take the cake." Let him know that yes means yes, and no, no! Yet one caution here: If a really adequate reason for changing your mind arises, don't be afraid to frankly explain the matter, and for that sufficient reason, carefully explained, change your decree. You are dealing with an intelligent being. No one is readier than a child to detect mere mulish stubbornness. It will injure, not help, your authority to persist in a known mistake.

Thirdly, *never secure obedience by any form of deceit*, but be frank and open in *all* dealings with your children.

I knew a mother who generally obeyed her three-year-old child instead of having him obey her. I have heard her say to him: "Arthur, may mamma go down town this afternoon? There, now, you will be a good boy, won't you, and let mamma go, and not cry and be naughty?" To this appeal I heard Arthur answer in an emphatic negative; and I have then heard the mother say, with a sigh, "Oh, dear, I suppose, then, I can't go." A few mnutes later, Arthur having been coaxed into another part of the house for a moment, I have seen that mother hurriedly pass through the back door-way, and shy around the shaded corner of the house on her way down town, chuckling over her stratagem in outwitting the imperious Arthur! Think of the awful harvest of tears and sorrow which that mother, and others, will reap in consequence of this sowing by-and-by!

Begin early, insist, be frank and open, and obedience will become as natural to your children as love. Disregard these rules, and the chances are that rank disobedience will develop and grow rapidly into scorn and hate.



BABY'S WARDROBE.

Healthful Clothing.

MOTHERS, do you realize that you have under your guidance and protection the great-grandmothers of future generations? And do you appreciate what Oliver Wendell Holmes said, not very long ago, that in order to rear children properly, we should begin with their great-grandmothers? That means that you are to begin now with your little ones to lay the foundation for the health and physique of generations hence.

What material will you choose? There are progressive mothers who have outgrown the barbarism of the old style baby clothes, with their tight bands, long, heavy dresses and longer skirts; mothers who recognize the propriety of clothing the little arms and shoulders, and appreciate the fact that Baby's stomach is not a perpetual motion, needing replenishing at all hours of the day or night; but these very same mothers procure corset waists for their little girls and begin the process of shaping the form according to the ideal standard of beauty, which requires a small waist regardless of the price required to possess it. Innocent these mothers may be of a knowledge of the injury they are thus inflicting upon their darlings, but the wrong is none the less committed; not only against their own daughters, but against the great-grandmothers of the future and their children.

Mothers are conscientious and anxious for the welfare of their children. They discuss methods of preparing food; they wish to build up a perfect body; but they teach their daughters, both by precept and by example, to ignore comfort, to disregard the sacred laws of health in obedience to fashion's demands, and at the same time are at a loss to understand why Claribel and Marguerite have no desire to run and romp with rugged Tom and Joe.

The Chinese mother shapes her child's feet, and we ridicule her for her crude ideas of beauty, and condemn her for her cruelty, forgetful that thousands of Christian mothers subscribe to more barbarous fashions and customs in our very midst. The little girl, five or six years old, seeing the dainty French heels on her older sisters, or even on her mother's shoes, begs for similar ones for herself. "No, dear," says mamma, "not until you are twelve or thirteen years old." As if it were not as important to wear a properly made shoe at this turning point in a young girl's life as in early childhood.

Much of the future progress of the world will depend literally upon the back bones of the great-grandmothers of future generations; we know not what their burdens may be, but we do know that the elimination of the high heel would render them far more capable of winning in life's race. May it come home to every mother, as she fashions the dainty garments for her loved little ones, that adornment is not the first object of dress.

MRS. W. A. KELLERMAN.

Columbus, O.

The Laundering of Flannels.

THERE has been so much controversy about the "best way" to wash flannel, and so many best ways have been published, that I doubt if any one will have patience to read another, but I beg you will not condemn my way without a hearing; it is such a simple and easy way that it will commend itself for a trial, and once tried, will be found to be *the very best way*.

Make a suds with *cold* water and any good washing soap. I prefer a white soap, but it is not necessary. A little borax or ammonia in the water is an improvement, especially if the water is not soft.

Put the flannels into the suds, and leave them to soak at least one hour; two or three will do them no harm. Then squeeze them from this water and make another suds in the same, and squeeze them from that. Do not be afraid to rub soap into soiled places, and to rub them between the hands if necessary. Then rinse them in cold water and wring out. When you hang them to dry, arrange them carefully on the line, so that the garments will dry in good shape, and as the water runs quickly from flannel, you will find the bottoms of the garments will soon be heavy with

water, collected there, that can be squeezed out without taking them from the line, and the garments pulled in shape again. Then dry quickly, if in the air, and if pressed (on the wrong side) before quite dry they will look and feel as good as new.

I never put blueing into the water, as I prefer the creamy look to the muddy white color which blue water gives. The *important* point is the cold water. Many advise hot water, and add, "It must be always the same temperature." It is many times inconvenient to get hot water, and almost impossible to have every water just the same temperature. It is a scientific fact that hot water shrinks flannel, as can be readily seen by experiment. Flannels that have been badly shrunk by wrong methods of the laundress can be made much softer and better by allowing them to soak over night in cold water. In winter, when the water from the faucet is icy cold, enough warm water can be added to make it endurable for the hands, but beware of adding enough to make it tepid.

Many young mothers think that when a spot gets on Baby's best flannel skirt, it is ruined, and after it has been worn a few times, they put it into the wash, and the beautiful embroidery toiled over once so lovingly is perhaps ruined. But the spots can be cleaned in this way. Put the soiled spots over a bowl, and now you may use boiling water. Pour it *through* the flannel, and the spot will fade before your eyes "like the dew before the sun," only more quickly. When entirely clean wring the wet place in a dry towel and press while damp—the skirt will be clean, and the slight difference in the color of the spot thus cleaned will not be noticeable, the embroidery remaining undisturbed. This can be done many times to the every-day skirts, and save the trouble of washing until soiled at the bottom. I know all well regulated babies are not supposed to soil their skirts, but I give the above for the benefit of those not well regulated or who sometimes meet with an accident.

Never put a hot iron onto anything that has been knitted or crocheted. The little knitted skirts or bands, if pulled out lengthwise when wet, and pinned to the line with toilette pins, will dry in just the shape you wish, and look and cling like new. Washing them renews the wool—to press them takes away all the life of it. A thin knitted or crocheted shawl or blanket should be laid on the floor on a clean sheet, and allowed to dry in exactly the shape and size you wish, or a little smaller perhaps, for it will soon stretch when used.

I have washed flannels of all kinds until worn out, without shrinking them in the least, and I trust this "best way" will prove helpful to many, and save much nice flannel and embroidery from the bad effects of the hot water method.

Florence, Italy. BELLE SPALDING.

Making and Mending for the Little Folks.

FEW mothers, in these days, are excusable for clothing their children in unsightly, ill-fitting garments because they do not know how to make better ones. Paper patterns may easily be obtained with directions so clear that the merest novice in dressmaking will have little difficulty in using them.

Nor is it necessary to buy a pattern for each garment. Sleeves are interchangeable, waists may be cut long or short from the same pattern, and tucked or pleated or gathered to suit the fancy, so that a little experience will teach one to put the same pattern to very different uses.

From two cloak patterns and two apron patterns I have made nearly all my little girls' clothes for two years or more. They have served for dresses, guimpes, underwaists, jackets, wrappers and nightgowns, besides the garments for which they were intended.

Dark gingham dresses are more useful than beautiful, perhaps, but at any rate they are indispensable for children who are much out-of-doors in the summer-time. One easy way to make them daintier and more becoming, is to cut out the neck as if to wear with a guimpe, only not so low, and cord or face it. Then take a worn-out or outgrown white dress, cut off the sleeves and the skirt, and let it be worn underneath the gingham. It will not soil quickly, and will make the dark dress much prettier.

Another way is to finish the neck with a gathered ruffle of wide embroidery or heavy lace; sometimes embroidery that has already served one garment may be utilized again in this manner. This will also be found a simple and pretty finish for large gingham aprons.

Knitted socks may be considered the exclusive property of the tiny baby, but for my little girls of three and four years I find them quite as necessary as ever. They are crocheted of bright Germantown wool, and the soles are cut from an old, soft, gray felt hat. Soles cut from bits of thick fulled cloth are more durable, but not so pretty. Dainty lamb's wool soles may be obtained in

children's sizes, but I never saw any which were wide enough for the chubby little feet that I have to provide for.

Some have asked me when the children wear these socks; but mothers of more than one child will know how easily little feet become cold even in summer-time, while their owner is waiting for the other baby to be dressed or undressed, and how impossible it is to keep them properly covered with blankets or bed-clothes at such times. My little girls also wear them with warm flannel wrappers, while they listen to the stories which help to make their bed-time attractive.

Little drawers have a sad tendency to wear out along the seams. I have found the following an excellent way of extending their usefulness. Cut a bias strip of the material about an inch wide; turn down a narrow seam on each side and stitch the strip over the seam of the legs, on the outside of the garment, stitching it, of course, on both sides. If this is done when the seam first begins to show wear, it will preserve the drawers for a considerable time.

When the bands of the drawers become too short, instead of lengthening them by a string in the buttonhole, try this plan. Remove from the sides of the underwaist the two buttons on which the drawers are fastened, and replace them with four, two on each side, sewing them on quite close together. Then use the front ones for the front drawers band and the others for the back band.

Hand-knit stockings may be mended at the knees in a very satisfactory manner by knitting on a patch. To do this, take up on a knitting needle a row of stiches a half inch or more below the hole and as much wider, but without cutting or raveling the stocking. Knit these stiches off in the ordinary manner, back and forth, using two needles, purling (seaming) every alternate row, till the patch is large enough to cover the hole, or to the top of the stocking if you like. Then bind off the work, and with a needle and thread fell down the sides of the patch, being careful to fasten corresponding stiches over each other. This is quickly done, is much more durable than a darn, and looks better; indeed, after being worn a little while it is hard to tell where the patch begins.

Cleaning comes under the head neither of mending nor of making, and yet it is so closely related that I may be allowed to describe a simple and perfect method of cleaning children's Angora furs. Take two or three quarts of wheat flour and heat it in a kettle over the stove till you can hardly bear your hand in it, stirring it all the time to prevent scorching. Then pour it into a clean tin pail or earthen jar, and immerse in it the furs to be cleaned. Rub the hot flour well into the fur and then leave it till cold, being sure that the fur is well covered with the flour. When cold take the fur out-of-doors—in a strong wind, if the weather will favor you so far—and beat it till the flour is all shaken out. You will be surprised to see how clean and bright the fur will be, though if very badly soiled a second treatment may be necessary. I was told to use rye flour or white corn meal, but I could procure neither, and obtained excellent results from ordinary wheat flour. I also cleaned my little girls' white Angora hoods in the same manner with perfect success, and think it would be an excellent method of cleaning babies' knitted and crocheted sacks, and similar articles.

BEATRICE SHATTUCK FULTON.

Norwich, N. Y.

Serviceable Bibs.

A FRIEND, more kind than practical, having given the babies some dainty little linen bibs embroidered in outline stitch, it became a question with me how to render them serviceable, as, for very young children, such articles are not. They afford scarcely any protection for the dress when food is of a liquid nature.

I happened to have on hand a dozen teething bibs of Turkish toweling, and it occurred to me to combine the two—sew the Turkish one to the linen at the neck, leaving the lower part of the latter hanging loose.

This scheme answered admirably, furnishing thorough protection where it was most needed, beneath the chin. They are not the less ornamental because useful, as the under one does not show. It is almost no trouble to launder them, and baby can have a fresh one at each meal if necessary, though I believe in training children at as early an age as possible to habits of neatness in eating as well as in other directions.

Somerville, Mass. W.

The Baby's Band.

THE "Starr" baby band is generally conceded to be the most desirable of all that are made. It is called the "Starr" band, especially by trained nurses, because Dr. Louis Starr, of Philadelphia, a well known specialist for children, directs attention to it in his little book

called "Hygiene of the Nursery," and says he prefers it to any other, as it has the advantage of being readily applied and keeps its position without the aid of either strings or pins. It also collects less perspiration.

These bands can be procured in various sizes at the Bazaar, and also at the Exchanges in different cities. Any woman, however, who can crochet, can make them with very little trouble. The stitch is ridge stitch—that is, half stitch—in which, going back and forth, only the back half of the stitches in the lower row are picked up. Begin on a chain of fifty, and crochet as many rows as are required for the necessary width. A child of two years will need about forty ridges—that is, eighty rows. Join with tight stitch. They should be made of three-thread Saxony, to be satisfactory.

In washing them, squeeze them gently in warm suds to which a little ammonia has been added, rinsing in clean water of the same temperature. Stretch them lengthwise for drying, and dry quickly—by the hot-air register if possible, as they will dry there in a few minutes and retain their shape.

LOUISE E. HOGAN.

Philadelphia.

The Jack Tar Sailor Suits.

I RECEIVE so many letters like the enclosed that I send this one to BABYHOOD for publication if the editor sees fit:

W. THORNTON PARKER, M.D.

Dear Sir,—In the number of BABYHOOD for June, 1891, I saw your excellent article in reference to the "Jack Tar" suits for boys. The dress you describe so clearly is what I have long wished for, but only occasionally see in use, and always, thus far, where I am unable to make inquiries. That it is the best made for boys I am convinced, but do not know just where the pretty suits may be had, and as I see no advertisements of them, I venture, if it is not too great a trespass upon your valuable time, to ask for the address of the firms dealing in them.

For the information of all interested, I would say that Jack Tar sailor suits can be obtained of Messrs. Lancaster & Sons, Royal Naval Tailors, Portsea, England. This firm will furnish measurement cards and price lists. International money orders or exchange on London will be accepted in payment; it is not convenient to send the goods "cash on delivery." Goods may be ordered by Globe or other international express; the Custom House fees are not large, but it is best to order two or three of the linen and one or two fall suits of the Royal Naval Serge at one time, which very much reduces the expense per suit.

W. THORNTON PARKER.

Manchester, Mass.

Warm Night-Gowns.

CONCERNING H. L. H.'s reference to the long night-gowns which her neighbor makes for the baby, it describes just what I have always used since Baby outgrew the first ones. I did not like the conventional article, and the night drawers had to me many objections; so I took two straight breadths of flannel a little more than a yard long, sewed the sides together and turned under an inch hem at the bottom for draw-string.

A strip of soft, thin flannel—or cloth may be used—five inches wide and long enough to extend around the top (mine is one and one-third yards) is doubled and sewed to it (to the top, that is). A draw-string run through this brings it up full around the neck; and I like this better than the straight, plain style, as it affords extra thickness front and back where it is most needed when the clothing gets pushed down. The top of the garment proper might be turned under in a hem as at the bottom, but my flannel was heavy and I was afraid of chafing neck and chin, so added the strip, making it less bulky.

For sleeves, rip open the side seams just below the strip, four and a half inches, cutting a slight curve, sew in the sleeves, straight, plain ones, and long enough to extend beyond the finger tips, with hem and draw-string. These may be tied or not, as seems necessary. This completes what has proven one of the warmest and most comfortable of garments, and its simplicity renders a pattern unnecessary.

Exactly the same idea, sleeveless and low necked (draw-string run but an inch above the armholes), in print, made the nicest kind of creepers last summer. There is no vent in these. I put one in the first, but found it unnecessary, as the garment slips on easily without.

ELEANORA A. WADY.

Somerville, Mass.

THE SMALL "HEATHEN CHINEE."

BY MARY HEDLEY SCUDDER.

AS one walks in the streets of "Chinatown," San Francisco, he is impressed with the number of children running about. Queer little chaps they are in their Chinese costumes, with their bright, beady eyes, and their pig-tails of various colored silks. Every boy is obliged to have a pig-tail, or else he will fail to enter the Chinese heaven, and as the babies do not have hair enough to make a very long braid, it is lengthened by bright hued silks, a marked contrast to the wiry black hair. The little feet are encased in the stub toed, heavy-soled shoes of China, although sometimes American shoes are worn. Both boys and girls have loose trousers, and a blouse dress over them, often of gorgeous silks. If the parents can afford it, these dresses are elaborately embroidered for an occasion, and the round cap, nearly coming to the eyes, is filled with fine work in tinsel embroidery, and often ornamented with heavy gold figures of the idols which protect the child.

Thus hampered and bound up in heavy garments, our little Chinese lad or lass goes out on the sidewalk to play ; and such a playground as it is! Crowds jostling each other, dirt all around them ; and not the "clean dirt" of our respectable quarters, but stale fishes, decayed fruit, and many other outward and visible signs of an inward and spiritual dirt. Bad as these streets are, the rooms from which the children come are worse, and only those who have seen and smelled a Chinese apartment can appreciate the true inwardness of it. Imagine a nine by ten room, with one window, opium smoked at all hours, cooking, washing, sleeping, eating and living of five to ten people, going on night and day. This room is one of fifty or sixty in one house, all the same. Sometimes these rooms are underground, with no opening but the door, and that is usually closed. In these holes thrive the children, for thrive they do, having plump cheeks, active bodies and gleeful voices. Born in the New World among all the groveling superstitions of the Old, they spring up like weeds, and if they grow to sin, misery and superstition, it is the fault of the Christian people beside them who have power to rescue the brands from the burning. A few of these children are born in wedlock, the wives coming from China in some cases ; in others the men marry the Chinese women here. But there are only too many of the poor little ones who can own neither father nor mother, and well is it for them perhaps that they cannot.

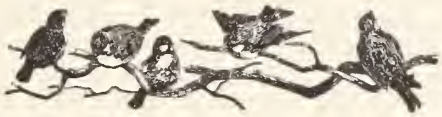
To help these children, some of them belonging to Christian parents, is part of the work of the American Missionary Association, and a school on kindergarten principles has been established in Chinatown. Every morning brave Miss L—— goes alone into these streets, seeking her children. Up steep, dirty flights of stairs she climbs, deep underground she descends, and into dives she penetrates, until she has a swarm of little Mongols dancing, running, hopping about her, and these she takes to her room for several hours. She often ventures where only an officer can go, but never in all her trips, by day or by night, has she met with anything but courtesy, so much is she respected by the Chinese for her work among them. Love for children is a Chinese characteristic, and when one does not care for them it is an exception. An old vegetable man saw an American lady with her flock of children, and pointing to them said, "Three, four, five!" Then asked solemnly, "All-lee be-long you?" "Yes," was the reply, "wouldn't you like as many?" "No," was the emphatic answer. "Heap too muchee chillen." Miss L—— builds on this adoration for their children, and as soon as parents see the improvement in her charges, they are eager to fill up the school with other scholars, so that in a little time it has grown surprisingly. She uses what is best in kindergarten work for them, but teaches hymns and Scripture more than anything else.

This work was little known to the people of

San Francisco. So I proposed to Miss L—— that she bring her school to my house one afternoon, and I would invite people to meet it. Many guests were gathered in my parlors when the stopping of the cable cars, the sound of shouting, giggling, whistling and shrill voices broke upon the air, and we rushed to the windows to see a "horde of barbarians" descend upon us. There were about fifteen children, from two years old to ten years, in gorgeous costumes, with bright pig-tails, and loaded with jewelry. The girls were hatless, but with shining hair, banded as smoothly as though they were women of sixty, and stuck full of gay hairpins. All came in with a rush, and were guided to and seated in chairs, with their queer feet dangling down and bright eyes watching curiously, but with tongues mute in the presence of so many strangers. Each girl had a handkerchief, which she proudly displayed, as it was the sign of a full dress occasion. The boys would unearth from hidden receptacles wonderful things, quite equal to the contents of an American small boy's pockets. Miss L—— proceeded to draw out the children, and it was marvelous to hear them recite Scripture, sing hymns and answer questions in English, and all the more remarkable as they conversed with each other in Chinese, and it was the Tower of Babel personified.

After the gaily decorated imps had entertained us, and we had cuddled the fascinating babies, examined the peculiar toilets, and talked to the brighter ones, we began to entertain them. We presented American refreshments, which vanished as mist before the morning sun, it being all fish that came to their net. Then toys were brought in, and for an hour these little Chinese had an American "good time." They learned in a moment how to manipulate the toys; and how delighted they were! They forgot the stoicism of generations of Chinese ancestors, and screamed and howled, giggled and tumbled equal to any small American boy. The girls cuddled dolls, the boys played ball, rode a hobby horse, "teased the dog and worried the cat," and were almost too wild to restrain. It was the gala day of their lives, and the older guests enjoyed the pleasure of these poor little heathen. But when it was over and a cable car had again engulfed the bright faces and brighter costumes, the energetic Americans sat down exhausted, amid the ruins of toys, the crumbs of crackers, the howls of frightened animals, and clouds of dust raised by the tramping of heavy shoes.

The impression left by the school has been lasting. Train such bright children as these in Christian precepts, and little by little the leaven works. The two brightest boys were children of Jee Gam, a Christian teacher, and with the home influences they have they will grow up into Christian work, and help their countrymen. Instead of one school there should be fifty in China-town, as the deadly atmosphere there kills all germs of good among the poor little heathen of America.



THE MOTHERS' PARLIAMENT.

About Baby's Naps.

—One morning not long since, when Baby slept much later than usual, I noticed that her exposed ear had become covered. Acting on this accidental suggestion, since then I am careful every morning before going down-stairs to see that a corner of the coverlid is laid over her ear, to dull the noises that are unavoidable in a household where Baby is not the first comer. Of course I am not writing of the very wee ones, who are apt to be almost entirely covered the first few weeks of their lives anyhow.

I wonder if all mothers realize how important it is that Baby's feet should be thoroughly warmed before going to sleep. A careful observer will notice that the active little legs are often cool because kicking awhile disarranges both covering and the clothing. The satisfaction so evident in being allowed to stretch out his feet before a fire or near a register or radiator more than repays one for the time it takes to so indulge

him, and the comfort thus secured makes a longer nap more certain.—*Southern Mother.*

Rational Dress for Little Girls.

—The dream of the future which is running through little girls' brains is not of the time when they shall be finely developed women, with muscles which may well be a source of pride as well as of service, but of the time when they may put on elegant dresses and wear a corset. Is it not worth while for the mothers of the present generation who have innocent and helpless little ones growing up around them, to teach them that the true aim should be to grow up to be beautiful women, who know nothing of backache or headache, and have never heard of "nerves"? Everywhere you will find women who did not know of this when they were young, and who now are suffering all sorts of ailments, old when they ought to be young; their shoulders are uneven, and they stoop and have no muscles at all about the middle portion of the body.

The growing time is from infancy till about twenty-one years of age, and with many mothers this cramping and repressing of children begin at a very early age. The child should have untrammeled exercise. Don't use go-carts for the babies. It is much better for the little ones to have a little dirt on the outside, which soap and water will remove, than to have the inside clogged up and made foul through lack of circulation. Let a child creep and climb, and dress it so that its limbs shall be free to do so fearlessly. Clothe it in strong, simple garments, and if it is really necessary to let neighbors see that your little one has a fine wardrobe, buy a manikin or a big doll and display the garments upon that. Then let the baby have the gingham and calico, and do not impose upon it with baby-jumpers and go-carts.

If the child is a boy, he will emancipate himself as he grows older; but with a girl the work of repression is still carried on. The mother thinks it necessary to "mold" her daughter's form instead of letting it grow as nature intended, and the work of displacing and disorganizing is carried on. In being made over she is made into anything but a pleasing specimen of humanity.

Corsets are never put on little lambs or colts to make them grow up with graceful figures; and why should it be thought necessary to put them on little growing girls? Is it not to be supposed that the natural figure which the Creator has designed is much more beautiful and graceful than any which can be molded by the corset maker?

The emancipation of the women of the future depends upon the right ideas and right bringing up of the children of the present by the present generation of mothers, and the little girls who are to be the women of the future need to be strong and well, that they may become useful and noble; for, as it is said that "the boy is father to the man," so every girl is certainly mother to the woman.—*Lorna.*

Gardening for Children.

—There can scarcely be an amusement which affords so much pleasure, and is at the time so beneficial to children, as gardening on a very small scale.

Last summer I gave to each of my two little girls, aged respectively six and three, a small plot of ground in our garden, and helped them to sow the seed of a few varieties of old-fashioned garden flowers. From the day the seeds were put in the ground these little beds were an unremitting source of interest to both children, but especially to the elder. Every morning, early, the ground was carefully scanned to see if any of the seed had come up, and as soon as the first green points appeared, they were carefully watched and tended. I gave the children some small watering pots and garden implements, and they were most faithful in their devotion to their duties, the elder sister with quite an amount of judgment and patience, the younger one with a very astonishing energy.

When the first blossoms appeared there was great excitement and innocent rivalry, and from that time on through the summer, there was scarcely a morning that I did not find at my plate at breakfast a fresh bunch of flowers. We went away for a few weeks, and while we were gone I took the elder child on many a ramble through the woods, and she showed great interest in the wild flowers we gathered to bring home. Being fond of botany, I often sought out a flower new to me, and my little girl was always as eager as I to know the name, and she remembered it better than I. Indeed she began to know flowers by name very early, and I remember that when scarcely more than two years old, on being shown some flowers in a garden, and a red one being pointed out to her, she said "Yes, *geraniums*," to the great amusement of her hostess.

To return to our garden, we renewed our interest when we came home, and the children

helped me later to gather the seeds and arrange the different varieties carefully in little packages to keep through the winter.

Just at present they are watching daily the rapid development of some hyacinths I have growing in glasses, and each little girl has her especial plant. They are looking forward eagerly to the spring, so that they can begin again their own gardening operations.

I like the occupation for them. It keeps them busy and consequently happy, and helps to make them watchful and tender. And by constantly watching the development of plant life, they are daily learning some of Nature's most wonderful secrets.—*L. B. L., Washington, D. C.*

An Experience with the Band.

—Dr. Parsons's remarks upon bands in the December number of BABYHOOD reminded me of an experience of mine with my own baby. Not being quite certain whether he ought to wear a band or not, I put one on one day, as an experiment, when the cold weather was first beginning. I was just leaving the house with him, to go to drive, when I discovered that he had on no diaper. Turning back in surprise, I found a combination of diaper and band on my parlor floor! I had been careful not to make the band too tight, and my baby's little body was very round and smooth. Hence the catastrophe. I don't see either how it could have been prevented without making the band too tight.

After that, my baby made no further attempts to wear bands, but had his diaper pinned to his flannel shirt, as before.—*C., Paris, France.*

A Father that I Know.

—This father has a loving nature and is fond of children; add to these the fact that his own boyhood, deprived of parents, was a bitter one, and we have several of the causes which work together for his children's happiness. And their happiness seems to be his chief concern. He anticipates the pleasure of working a half day on some toy as much as they enjoy the result of his labor.

He usually has one or more children with him, and if he goes from home, he requests them to accompany him as if it were a great favor on their part. When they come back he tells how good the children were, and how pleasant for him they made the trip, and asks "Aren't they good to go with me?"

He is continually telling them they are the best children in the world; that there never was another so sweet a girl as Jeane, just except her sisters, nor so loving a heart as Bob's, unless it might be Jim's; that he never loved them half enough, and never could; and the consequence is that they are delighted and anxious to do anything in the world for him. When other people ask them if they are really the best children in the world, they say, "Oh, no, only papa *thinks* so."

He often says, "How patient they are to let me hug and kiss them so much," and indeed this is a bit true. Often his heart seems to melt when he looks at or thinks of them. He goes upstairs to look at them before he sleeps, and if one is at a neighbor's, frequently goes there to see him. It looks a trifle strange to see a man hasten out to meet an eight-year-old who is coming home from the next house, and carry her in his arms or draw her on a sled or in a wagon to the house.

His pledges to them are more binding than business engagements, and he insists that they have full control over whatever belongs to them. His care over them is vigilant and untiring and his enjoyment of them unflagging. The favorite nickname he uses is Blessed.

But, though he is so tender toward his own, he keeps them well in hand, and when he attacks a fault by reasoning or ridicule, its possessor soon feels disposed to drop it. He believes with Mr. Beecher that after babyhood a child never forgets the indignity of a blow. He very rarely punishes, and says he does not believe in punishing. He is not a namby-pamby man, but has a variable temper, and occasionally a few minutes of forcible demonstration makes the children feel his power and dread his displeasure. Then, if the reaction overcomes him, he begs them to forgive him, and though this is sometimes just, and sometimes not, they never take advantage of it, but are invariably respectful and sure that their father's heart is with them. When obliged to deny their requests, he helps them to bear their trouble by giving them something else, or by explaining the reasons, as if they were grown people.

It is a favorite quotation of his that children have as many rights as grown people, and one more, viz., the right of being protected. His children never get the idea that they must do a thing because *he wishes* it, but because it is right. He wishes them always to have what they want, if possible, and are we not beginning to learn that

this is a great secret for good with us all?—*Helen Knapp Garrett, West Chenango, N. Y.*

The Traditions of the Elders.

—The young mother who undertakes to follow the new order of things and bring up her baby "by rule," has indeed a hard task before her. All the grandmothers, great aunts and old lady friends (with possibly a few exceptions) exclaim against it. "The idea of bringing up a *little baby* by rule! *I* never heard of such a thing. Not hold him and rock him to sleep? Nonsense. Babies are made to be cuddled." And then comes the crushing question, "Don't you *love* your baby?" If the mother who has this whirlwind raised round her ears murmurs in extenuation something about the doctor, then comes: "The doctor! what does he know about a baby? Any old woman knows more about a baby than half a dozen doctors!"

Is it any wonder that a young mother, weak still, and feeling the great responsibility of caring for this helpless piece of humanity, doubts after all if the new way is right? Here are all these matrons in the opposition, and they have all had babies and ought to know. Is it any wonder then that so few babies are brought up "by rule"? Sometimes when the mother thinks she is succeeding, some unbelieving aunt, grandmother or friend slyly circumvents her, "I don't believe in such nonsense" justifying the act.

But if, convinced of the advisability of the new ways, and possessed of a good show of quiet determination (which will be called obstinacy), that will enable her to go on unheeding the disapproval of friends and relations, the young mother persists in the new way, she will have her reward later. Her child will not make more and more demands on her time and strength as time goes on, but will learn to amuse himself. I have known many failures, but in most of such cases there has been only spasmodic effort on the part of the mother. On the other hand, among the best and happiest babies I have known are those brought up by rule.

If Baby never is rocked to sleep he can never demand prolonged rocking before consenting to close his eyes. Yes, perhaps his mother does miss a great comfort, but she gains a greater. How often do we hear a mother say: "It took over an hour to get Baby to sleep to-day; I was so tired myself when he did drop off." If that mother is also cook, housemaid, seamstress and nurse, does it pay to have the comfort of rocking Baby to sleep? Is the comfort of having him in her arms equal to that of placing him in his crib at nap time, knowing he will soon go to sleep without fretting?

If Baby is never carried on one hip while his mother is doing her household duties he will never expect to be. If well, and the training is begun early enough, viz., at birth, Master Baby will sleep without rocking; later he can be taught to amuse himself; later still, he will know that certain things are Baby's and others not, that his food is not the same as his parents' and be satisfied with it, nor think of expecting anything different. Hard work? Yes, but not so hard as the old way. The greatest stumbling block in the way is the loving relations who want Baby to have everything he happens to fancy, whether or no it be good for him.

But dear grandmothers and friends who think the modern idea in training babies is cruel and nonsensical, we mothers *do* love our babies, and because we do, mean to give them as good training physically, mentally and morally as our light affords. Doubtless we shall make many mistakes, and in the next generation we shall be thought old-fashioned, but I think most of us will try not to express disapproval of what will then be the new way, for we shall remember that we differed from earlier generations and were subjected to much criticism.—*One who has been through it.*

A Baby who Puts Himself to Sleep.

—The world of little folk may not be growing depraved, but they seem to require more and more coaxing by way of rocking to put them to sleep. Our little one, eight and a half months old, has taken very kindly to a new "scheme" of putting himself to sleep. Until he was seven months old he slept in his "lullaby," which is a basket fastened with springs to a standard, and which may be easily rolled to any room. We have never seen any arrangement for a little baby that we liked nearly so well. It is manufactured by the Keystone Manufacturing Company, Girard, Pa. As he grew heavier and the springs bent more and more, we kept wondering what could take its place. The change, however, from the lullaby to the bed has been made very easily, and with no hard cries.

While a young baby I had often put him on the bed to kick and crow, so it was a place he enjoyed. Now when he begins to show signs of drowsiness, before he feels at all cross, I put him in his bed, placing a pillow along beside him, so

that he can nestle down with his face pushed into it. Then I give him some plaything, one which he has not seen for an hour or two. While his attention is taken with this he forgets himself, and is off "in the land of nod." Once or twice when I have waited too long he had no idea of staying alone. In such a case I lie down beside him and sing him softly to sleep.

It is a great comfort not to be obliged to rock and rock nearly the whole evening getting Baby to sleep. If any mothers try my plan, I wish them all the success that has attended my efforts. —*Hattie Crosby Jennings, Lincoln, Neb.*

The Demon of Drawn-Work.

—I stepped into the office of one of our busy "lady" physicians the other day, and found the reception-room already full of patients, so I took my seat to wait my turn. Presently a delicate-looking young woman came in with a lagging step. She glanced around the full room, and sank wearily into a chair. Instead of leaning back and resting as one would have felt sure she needed to do, she unfolded a quantity of white lawn, done up in tissue paper, and fell to work. She was pulling out threads above a hem, preparatory to hemstitching. The threads of her lawn were so fine, that it was only by the closest attention they could be caught on the point of her needle ; and there she sat, while half an hour, then an hour, went by, pulling out those tiny threads, her head bent painfully over, every nerve tense, and a look of patient endurance on her face. Every few moments she dropped her hands in her lap, leaned back in her chair, and looked as though she would faint; then, rallying her feeble strength, like one yielding to a foolish indulgence, she bent over her work again.

It came my turn to go into the consulting-room. "For heaven's sake," I said, as soon as the door was closed, "do go out and rescue that woman doing drawn-work, or she will be dead on your hands."

The doctor was business-like in her methods, and she started out.

"What are you doing?" she demanded, standing over the pale, little woman.

"Oh, I'm hemstitching Baby a dress, and I'm nearly dead over it," evidently proud of being so nearly exhausted, and spreading out her work to be admired. But the doctor looked stern. "You've no business to be using up your strength in that way. Why don't you put your dress through the machine ?"

"Why, you can't do hemstitching on a machine!" in a tone which implied that there was no known alternative except doing it by hand, since hemstitching must be had if one were to live decently.

The doctor told her what any rational being would think of a delicate, nervous woman, with a young baby to take care of, using the last fragment of strength she had in so profitless a way; but I don't think her severity made any impression on her. She simply regarded the doctor as one of the "peculiar" women who don't care for such things, and went on with her work. I tried to picture her to myself sitting around in hot rooms, with her everlasting piece of white linen, working herself into a fever of nervousness, going to the care of her baby irritable and fretful. If I were a physician I would not treat a patient who could not solemnly renounce drawn-work as one of the chief works of the Devil. The feminine mania for fancy work has never taken a more destructive form than this. I know one woman, over fifty years of age, president of a literary club, and reasonably intelligent, who went to an oculist with broken down eyes, according to her own confession the result of doing drawn-work for holiday presents. Among my acquaintances I could count women by the score who have beautifully hemstitched table linen, and handkerchiefs and skirts, and curtains, and sofa pillows, and toilet sets; and when I ask them how the children are getting along in school, they don't know whether John has finished the second reader or Mary begun arithmetic. They have so much sewing to do they can't attend to the children's studies. That is the teacher's business; and the dear little ones find, for the most part, a tired, nervous, incompetent mother, who keeps them beautifully dressed, but always wants them to run away and not bother her. I can't help wondering what will become of this drawn-worker on the Day of Judgment. I suppose she will creep in with her roll of fine linen under her arm, and show that she has tried to further the coming of the Lord's kingdom by hemstitching sixteen dresses for her baby.—*Mrs. George Annable, Detroit, Mich.*

Management versus Corporal Punishment.

—While not an advocate of corporal punishment, I am, nevertheless, convinced that there are exceptional children in the majority of large families who can be well managed in no other way. From my own limited experience I should hesitate to assert

this, were it not that I have seen more than one wise and gentle mother compelled to resort to severe measures before winning unhesitating obedience from her children.

At an informal afternoon tea some weeks ago, the conversation took a serious turn and was largely upon this subject. One mother, whose children were models of bright, sweet, dutiful childhood, said gravely: "Spare the rod as long as it is possible to enforce obedience without it, but if, when children have arrived at a reasoning age, long continued firmness and gentleness have failed to make them obey, then a judicious use (not abuse) of it will be necessary."

"How have you managed your children, Mrs. Baxter?" a younger woman asked, half impatiently. "I never knew one of them to disobey you or to disregard your most mildly expressed wish, and yet they are not at all milk-and-water children. Surely, you must have punished them a great deal when they were very young!"

"No," was the smiling reply. "Neither of my living children has ever had so much as a tap. They were naturally good, although, of course, it is painfully easy to spoil even the best of little ones."

"Pray tell us how you trained them so well," she was eagerly asked.

"It does not seem to me now that I had much to do with their training. I was not at all strong when they were young, and my husband really had more to do with them than I had. He was never too much engrossed, when at home, to be keenly alive to the slightest lapse from instant willing obedience, and they soon learned to obey his every wish; yet he has never spoken an unkind word to either of them. It is due solely to his constant firmness and his own self-control. I was cast in a weaker mold, but, thanks to their father, my children have never discovered it."

"I think my husband and I must both be cast in weak molds," sighed one of her listeners. "For neither of us can make our children submit at times without punishing them severely."

"That is sad," Mrs. Baxter said gently. "But there are children, you know, who *must* be punished."

"Why should you think so with such an experience as yours?"

"In this, too, I speak from experience. My second son, as you know, was drowned five years ago. As a little child he possessed the combination of a quick, passionate temper and a stubborn will rarely met with. I could not manage him at all, and even my husband admitted that in this case to spare the rod would be to spoil the child. However, after being punished, he was never left by himself, to brood, sore and solitary, over his imaginary wrongs, as so many poor children are allowed to do; he was always detained until an earnest, loving talk had made him really regret his wrong-doing, and parent and child always parted the tenderest friends. Little by little we taught him to understand his own nature, and to take pride in commanding himself. Paradoxical as it may seem, his very stubbornness made it quite possible for him to overcome it, and this trait, which has caused so much trouble and distress in many families, was pruned and trained in my little Hugh until it became only an admirable firmness of purpose and unusual manliness in one so young. At six years of age he had achieved a victory over himself few attain even at manhood. He was almost eighteen when we lost him—our best and brightest child."

"He was a gentle, noble lad; I remember him well," a sweet faced old lady said softly.

"You must have possessed unlimited patience, Mrs. Baxter," some one said presently.

"I will not deny that," was the serene response. "Patience, love, firmness and perseverance are absolutely essential in the training of our children. Love should come first in the list, though. And as I have just shown you, in exceptional cases corporal punishment, wisely administered, is at times indispensable." — *Mrs. S. H. Snider, Napinka, Manitoba.*

THE DEBATE SUSPENDED.

A DRAMA IN ONE ACT.

BY MRS. BRADLEY GILMAN.

[*Nursery at six o'clock at night. Child, aged one year, screaming violently.*]

FOND MOTHER [Taking bottle away from the baby].—There, there, dear, don't cry—you've finished your supper, and it is not a good habit to play with the bottle and go to sleep with it in the crib—there, my darling baby, don't cry so. I can't take you up to-night, because papa is going to have a class-mate to dinner. Now be a good baby and go to sleep. [Screams grow more and more violent.] I wouldn't cry, dear baby, by-by-by-by— [Screams grow still louder.]

[*Enter Stern Father.*]

Stern Father.—What in thunder is the matter with that baby? It's about time for those people to arrive. Aren't you coming down-stairs? Is the baby sick? What is the matter with her? The whole neighborhood will hear her roar at this rate!

F. M.—Oh, she's not sick, but she did not like it because I took away her bottle; she had taken all she wanted to eat, but she wanted the bottle to play with. [Aside to baby.] There, there, there, dear, I would not cry.

S. F.—If that is all the trouble I advise you to come down-stairs immediately. Turn the gas out and leave the child alone. I have a good mind to slap her hands, now. She's getting spoiled.

F. M.—Oh, no, Harry; we might give her the bottle just this once. [By-by-by, dear, don't cry, dear.]

S. F.—[Taking up a little rubber doll and twisting it around nervously in his hand.]—Don't you see how you are unfitting that child for the trials of life? She can't have everything she wants, and she must learn that early, and learn not to cry about it, too!

F. M. [Standing by the crib and patting baby's hand.]—But she is so little now, and she might have her bottle this once—and then to-morrow night it won't matter so much if she does cry!

S. F. [Throwing down the doll and turning out the gas.]—No, she shall *not* have her bottle this once, if it is not best for her to have it regularly, and I think it would be a good thing if I slapped her hands.

F. M. [Still leaning over the crib lovingly.]—Oh, you wouldn't be so cruel, Harry, you couldn't be so brutal with that poor little baby!

S. F.—But how is she going to learn any lessons in life except through pain? You remember the other day after she had fallen off that foot-stool and bumped her head, how much more careful she was about falling the next time she sat upon it; and if I had not snapped her fingers she never would have learned not to swallow the newspaper, and might have choked to death. She must learn the necessary lessons of life in some such way. If she has her hands slapped when she cries like this and does not get her bottle to play with, she won't cry to-morrow and the next night, I feel sure indeed.

F. M.—I don't believe in whipping, and you can't make me, Harry. I want to shield my child from every possible kind of pain. There is enough which is sure to come to her in life which we can't prevent. At least I shall teach her through love. Soon she will know enough to stop crying to please me. [There, there, darling, don't cry any more.] And——

S. F.—You are weak and foolish about it, Nellie. Why won't you be reasonable? The only way to teach the child not to play with fire is to put her finger in the candle and let her find out that fire burns; the only way to keep her from swallowing pins and needles is to let them prick her. Pain is the best schoolmaster in life, and unless we want our child to grow up as lawless and disobedient as many of the American chil-

dren of this generation are growing up, we must use some disciplinary methods. A mild form of whipping seems to me to be harmless, and it will be useful in obtaining the results which we wish—I venture to say that I could stop that screaming in fifteen minutes if you would let me.

F. M.—You shall not touch that child, Harry! you might send her into a convulsion! You know how she cried the other day when you called her a naughty girl. I had rather have the whole neighborhood hear her cry, and send your friends home dinnerless, than have you give that baby the least little slap in the world.

S. F.—You are perfectly unreasonable, my dear, and you make a great mistake in theory too. A long hysterical fit of crying such as the child is having now—and is likely to have every time you deprive her of anything in the world she happens to wish to do—is a great deal worse for her health than my method of punishment would be.

F. M.—But how is that slap which you want to give her to convey anything to her little blank mind? Her first idea will be to slap you back. I remember Jennie Robbins told me that she used to slap her little girl's hands when she went near the fire, and that one day the child ran up to the fire, stopped in front of it and slapped her own hands there. She had in her own mind some connection between the fire and the slap undoubtedly, but she did not understand that it was a penalty—a punishment. How is she to know that you have any right to inflict pain upon her either? Her instinct will be to return your blow, of course. How will you prevent that?

S. F.—When the child knows enough to use her reason I shall, of course, tell her why I punish her; but for the next few years she must obey through fear; she must stop crying because she knows that I shall whip her if she does not stop; she must keep from putting certain things in her mouth because, if she continues, she will be made in some way to suffer for it. She must avoid the stove because she must learn to associate touching it with pain. I know of no other way in which we can teach her obedience or caution. How else do we learn the law of self-preservation? We handle a knife carefully *after* we have cut ourselves with it; we walk carefully on a slippery sidewalk *after* we have bruised ourselves by falling down. Thus the same lessons that we ourselves learn through life we must begin early to teach our child. This is a simple statement of the law of the survival of the fittest. Those who have learned through pain to avoid danger live, those who do not learn these lessons die young. My theory may seem hard to you at first, but it is the kindest in the end.

F. M.—I know, Harry, that I am not scientific and that I cannot argue with you, but I *feel* that you are in the wrong—at least, in beginning with so young a child as this. That baby loves me so much that I feel sure she will obey me through love and that as soon as she understands what I want of her she will do it; she is so little now.

S. F.—If you can get her up to that level, very well. But that is much the same theory when you analyze it. You mean that she shall fear displeasing you so much that she will never disobey you. You wish her to learn her lessons by fear of mental pain, and I wish her to learn through fear of physical pain. Of course, your ideal is the highest, but I say that it is impossible for the child to learn from that motive for the first few years of her life. Your plan will result in our having a disagreeable, crying, willful child for the next six years, until she grows up to the point when she fears your displeasure more than she likes her own way. Besides that, the child must learn to obey instantly, or she may some time, through not doing so, lose her life. Suppose you were walking on a railway track with her and you saw a train coming—there would be no time to argue with her or ask her to come to you because she loves you—there would be no time to coax then—she must have formed the habit of instant obedience, for if she hesitated she might lose her life. I see no way by which we can teach her this habit of instant obedience except through fear of physical punishment. I repeat you may persuade her in time to obey you through love, but through that method the habit of prompt obedience will never be formed.

F. M.—Well, dear! I am not convinced by all your arguments, I confess, but as during our conversation the baby has retired to her thumb and gone to sleep, I don't think we will pursue the subject or try corporal punishment to-night, any way. There's the bell, too. It *is* lucky that the baby stopped crying before they came!

[*Hasty exit of all but the unconscious heroine.*]

NURSERY PROBLEMS.

Intervals of Feeding.

To the Editor of BABYHOOD:

My baby is ten and a half months old and weighs 27 pounds. Since he was two months old, he has had nothing but sterilized milk every two hours. The strength of the milk was gradually increased until the last few days, when he has had 3 ounces of water to 5 ounces of milk every two hours and a quarter. He is quite constipated, for almost the first time in his life. He has been having, for a short time, a crust of stale bread in the morning when he comes to the breakfast table, and appears to enjoy it very much. He takes a little over a quart of milk in the twenty-four hours, and in that has three coffee spoonfuls of sugar of milk. He has always been perfectly well, except for an occasional slight cold. It does not seem natural that a child of his age should be fed so often, and will BABYHOOD please advise me how to lengthen the intervals of feeding and what change to make in amount or strength of food to be given him? He is a remarkably good child, has red cheeks and is altogether the picture of health. His flesh is firm and rosy, and he is larger than a little friend of eighteen months who is considered a good sized child. He has five teeth and another one nearly through, and sleeps all night, but rarely sleeps more than one and a half hours during the day. M. H. J.

South Orange, N. J.

Your child takes a little over a quart of milk in twenty-four hours. As there are 32 ounces in a quart, we will suppose that the total amount is 35 ounces, which would make just seven meals such as you describe. Before you increased the strength of the mixture, he must have had at least another meal. The best authorities put the number of meals for children, from six to ten months, at not more than six per diem. The total amount of liquid—if we have estimated rightly—which your baby takes in milk and water, is about 56 ounces, about as much as he can comfortably take. It therefore seems to us that your readiest method of correcting his habit of too frequent feeding, will be to lengthen the interval to two and a half hours, and soon to three hours, which is the usual interval at his age. If, as the interval is lengthened, he is not content with the amount taken, it may be slightly enlarged. It is quite likely that he will henceforward not gain very rapidly in weight, but this would be the case in any event, as he now, at ten months, weighs more than the average for twelve months, and as you have yourself noticed, more than his friend of eighteen. This proportion cannot be kept up very long.

Wetting the Bed.

I.

To the Editor of BABYHOOD:

What shall be done to correct the habit of bed-wetting in a little girl of three years? Abstaining from all liquid at night, and appealing to the child's pride, do not succeed. Is it a weakness which requires medicinal aid? MRS. J. H. M.

Chicago, Ill.

II.

To the Editor of BABYHOOD:

My little boy, aged seven and a quarter years, has the very distressing habit of wetting himself. I had hoped that by this time he might have outgrown the weakness, which has troubled him more or less since infancy, but he still seems to have no power of retaining his urine. Unless constantly watched and reminded to relieve himself, the frequent consequence is that his clothes are soaked.

Perhaps you or some of your readers could kindly give me advice under the circumstances.

(1) He now wears short trousers and drawers. Should any special modification of these clothes be adopted, or is there any contrivance that would save them from the constant risk of wetting?

(2) Should any special precautions be taken as to food and drink?

(3) What medicine, if any, should he get?

(4) What plan could be adopted to make him remember to relieve himself? I feel most reluctant to punish for what I believe to be a weakness over which he has no control, and yet think he is getting old enough to anticipate his needs, especially now that he cannot be constantly under my eye.

CONSTANT READER.

Here are two cases much alike, with difference of sex, of wetting carried beyond the usual age of such a weakness. If our correspondents were readers of BABYHOOD so far back, they will find in Vol. IV, on page 142, an extended article upon the subject. We will mention some of the commonest causes of the trouble.

First, the bladder in the infant is of a different shape from that of the adult, and its shape favors the easy, if not involuntary, discharge of urine. Excitable children, other things being equal, are

more liable to have an irritable condition of the bladder favoring self-wetting. Among other common causes are certain conditions of nutrition which weaken the child, and irritations of the bowels, as from constipation or from pinworms; in boys, phimosis is a very common source of the irritation; in girls, too, occasionally, some local irritation near the mouth of the water passage can be found which seems to act in much the same way as does phimosis in boys; and very rarely stone in the bladder may be a cause.

Medicinal treatment is often useful. Sometimes tonics are called for, sometimes drugs, like belladonna, which are believed to have a special beneficial action; but they have to be chosen for each case and by a physician. Of course, the taking a child up at suitable intervals in the evening to have it pass water, until the special flow of urine excited by the evening meal is over, is presumed to be attended to before any medicinal treatment is called in. To answer the specific questions in query No. 2 we may say that

(1) We do not know of any special modification of dress that would be of use. In a young child, when there is entirely good reason to suppose that the habit is due to carelessness and can be controlled, the pride may be stimulated by putting the child into more infantile dress than formerly worn.

(2) Limitation of liquids and avoidance of overstimulating food, especially the former, are useful, and above all, the using as little liquid as possible at evening.

(3) Has already been answered above.

(4) We do not think that punishment is useful except in very rare cases. It only aggravates the nervous habit which very often accompanies the trouble. If any punishment be thought best in such cases of carelessness as have been alluded to, we think it better that it take the form of pleasures denied than of corporal inflictions.

Diet During a Long Railroad Trip.

To the Editor of BABYHOOD:

May I ask your advice in regard to my baby, just a year old? He is perfectly well, which I think we owe more to following BABYHOOD'S instructions than any other one thing. I have abundant breast milk for him, but as he has seven teeth, have thought it best to give him one meal of steamed oat-meal and milk.

Next summer we are expecting to take him for a four days' railway journey. In consideration of that fact, (1) would you advise weaning him before September? (2) How often should he be fed? (3) At his age, is it necessary to have the milk warmed? (4) Would you suggest any extension in his bill of fare?

Madison, Wis. M.

(1) In September your baby will be eighteen or nineteen months old. While a mother occasionally has milk enough for a child of twelve months, it is almost phenomenal if she *really* has enough for a child of eighteen months. The chances would be much in favor of the milk giving out in the summer. Of course there are exceptions, but we have to advise according to probabilities.

We would have the child weaned before the hot weather, by June 1st if possible, beginning gradually, first one meal per diem, then two and so on until he is weaned.

(2) After weaning, five or at most six meals are enough, one every three to four hours, according to size of meals. Something like this is feasible: 7 and 10 A.M., 1, 4, 7 and 11 P.M., or 7, 10.30 A.M., 2, 5.30 and 11 P.M. The hours of naps may vary the meal times.

(3) Yes; lukewarm milk we think much better until three years of age on an average. The milk should at any rate never be given in childhood really cold, *i. e.*, as taken from a refrigerator or chilling room.

(4) Not until autumn. Inasmuch as on the four days' railway journey you will probably need sterilized milk, you would better teach him the taste of it in advance. Or for those days a good quality of condensed milk might be used, in which case a similar preliminary teaching will be advantageous.

Small Appetite.

To the Editor of BABYHOOD:

I would like BABYHOOD'S opinion of a little boy who has always had a very slender appetite. He will be four years old next June, weighs about 40 pounds, is rather tall and large for his age, and has always seemed a remarkably well child. His looks certainly give evidence of perfect health, his bowels are always in excellent condition, and he is generally active and happy. He goes to bed at six o'clock, and usually sleeps until half-past six or seven next morning.

Occasionally he has eaten two eggs for breakfast with relish, but the occasions are very rare, and after a whole morning's play, or an entire afternoon in the open air, he sits down to a nicely prepared meal with perfect indifference. If diverted by a story, and repeatedly reminded to take another taste, he will for a while eat mechanically, but sometimes he seems too languid (the languor characterizes no other part of the day) for even this effort, and it becomes necessary to carry the spoon to his mouth. He rarely asks for anything between meals, except occasionally a plain sugar cooky. The only thing which he takes with any regularity is a cup of milk three times a day. The only vege-

table he will eat is onion. Oysters, soft custard, bananas and oranges meet with more favor than anything else. Candy he likes, but little is allowed and that of the simplest. His food has been the subject of much thought, and variety has been sought. On the other hand, the experiment has been tried of ignoring his apparent reluctance and allowing him to follow his own inclinations, in which case it has seemed probable that he would dispense with eating. The condition seems to have been born with him, as it certainly does not result from any lack of system in his care.

A year ago he was examined by a physician and pronounced in good condition. Could rapid growth be a cause, and if so is there reason for concern? Do you consider it a case for a physician?

Portland, Me. A NEW ENGLAND MOTHER.

As the case is recounted there is no clue to a cause of the slender appetite. Children, as adults, vary very much in this particular. It is, however, very unusual to find so persistent and marked an indifference to food. If the cup of milk which he takes three times a day is a large one he gets in that way a good deal of nutriment, so too in soft custard, and it may be that he is not so very much underfed after all. The notable point is the indifference. At all events he has, on what he does eat, much or little, gained enough sustenance to grow rapidly, to be "rather tall and large of his age," and to have a good weight also. We should not think that rapid growth would be a cause of want of appetite. It sometimes seems to be the cause of want of strength, at least is associated with it. We do not think it a case for a physician in the sense of thinking him ill. We do think it is, however, in the sense that it is wise whenever a child in any physical way departs from the ordinary standard to have him periodically thoroughly looked over, provided you know any physician who will take the time to carefully do it and keep a memorandum from time to time. In this way little abnormal tendencies may be recognized and corrected if they mean disease, or their true value be put upon them if they are only personal idiosyncrasies.

Weaning.

I.

To the Editor of BABYHOOD:

My baby is nine and a half months old, has two teeth, just through, has always been well, except an attack of tonsilitis which he nursed from me, and has never been fed, except from the breast. He is strong, weighs 23 pounds, and will walk beside the chairs or push one across the room. He has been fed on time and not been given patent medicines of any kind. He nurses now only once in four or five hours.

(1) Do you advise weaning him before warm weather?

(2) Shall I feed him some milk, diluted with water, one part to three? If so, how many times a day and what hours? He nurses now at 8 or 9, about 1, 5 and 9, and once or twice through the night, I am sorry to say.

(3) Can I break him of nursing nights before warm weather comes?

(4) What book on medical advice for domestic use do you recommend, and where can I get it? I want one that treats particularly of the care of children.

Springfield, Mass. Mrs. C. B.

(1) Yes.

(2) One part of water to three of milk will probably agree at the age of eleven months. Give at as regular hours as possible, say at 7 and 10 A.M. and 1, 4 and 7 P.M., and a night bottle if necessary. Give food blood-warm, of course.

(3) We do not know, but it is probable that he will be better satisfied when he is fed and will not demand food as often as now. Of course you can break up night feeding at any time after six months of age if you choose to take the trouble. But it is troublesome to start with so old a baby.

(4) Starr's "Hygiene of the Nursery" will probably suit you. It is published by P. Blakiston & Co., Philadelphia, and can be ordered through any good bookseller in your city, or through the publishers of BABYHOOD. We may also say that any one of the bound volumes of BABYHOOD covers so broad a ground, that, with the elaborate index which accompanies it, it is one of the most complete handy-reference books of nursery matters obtainable.

II.

To the Editor of BABYHOOD:

Having found many valuable suggestions among your answers to subscribers, I venture to ask advice in regard to my own baby. He is nearly nine months old, and has been fed exclusively on a diet of top milk and water. I take the top third of the milk after letting it stand twenty-four hours, and at present am diluting it with almost half water. The milk is very pure. I do not sterilize it, and it seems to agree perfectly with the baby.

(1) How soon do you think he will require other food than the milk?

(2) What should be the first food given him?

(3) How soon would you advise me to stop using the top third and to give him ordinary milk undiluted?

He has never yet tasted anything but milk, and his digestion is very good. But I fear he needs some other nourishment, and do not know what he ought to have first. He is perfectly well, weighs 19 pounds (without clothes), and has five bottles during the twenty-four hours, at 6.30, 9, 12, 3 and 6. If you will kindly advise me as to his diet I shall be very grateful.

Norristown, Pa. B.

(1) He will not really require anything beyond milk until after the summer, but he will need a larger proportion of milk in the preparation. Begin to gradually increase it now.

(2) The food can be further strengthened by the use of barley-water or oatmeal gruel in place of water, which change may be made directly. How soon he can have any cereal preparation thicker than gruel, and when bread crust, and the like, depends upon the development of his teeth. Other things being equal, it is fair to assume that the digestive organs are proportionately developed. A child without chewing teeth (molars) can get little good from any solid food.

(3) Ordinarily, a child of a year or a little more can take pure milk, if given warm. Some need slight dilution for some time longer, and if there is a tendency to throw up curds, or if they are visible in the movements, we should continue to dilute the milk until the hot weather is past.

Ten Months' Digestion.

To the Editor of BABYHOOD:

Will you kindly tell me if milk, diluted with one-third barley-water, is enough food for a baby ten months old? She has about 8 ounces of food every three and a half hours.

Also whether bread crusts to chew are good or bad for the digestion? She is greatly troubled with flatulency, and has very hard times with her teeth, and has only three at this age. Any advice will be most welcome.

Schenectady, N. Y. A. H.

The mixture of two-thirds of good top milk and one-third barley-water is probably sufficiently nutritious for a child of ten months. If it gets six meals per diem, it will take 48 ounces, of which 32 ounces, or one quart, is milk. Probably this is enough. The bread crust, if only crust, is admissible for a child to suck. With only three teeth, she cannot really chew; any pieces which she may suck off will probably be digested.

Weaning Before Summer.

To the Editor of BABYHOOD:

Last evening I read an article on "Weaning" in one of the back volumes of BABYHOOD (six volumes of which I have just had presented to me), and in it it said you must never wean a baby one month before summer. That is just what I had expected to do, and I want to ask your advice.

My little son was born the 21st of last June, and has always been a perfectly strong, healthy baby. I nurse him and also give him two bottles a day, one of milk in the morning and one of cream in the afternoon. Of course, they are both properly diluted with water.

(1) When ought I to wean him, and shall I continue to give him the bottle for a while after he is weaned or shall I have him drink from a cup?

(2) Shall I give him two bottles of cream and two of milk or vary with some food?

(3) When he was born he weighed 6¾ pounds, and at six months he weighed 17 pounds. Is not that quite a remarkable gain for that length of time?

Your magazine is very valuable to me, and I look forward to its coming each month with a great deal of interest.

Brooklyn. M. S. S.

As you do not mention the article referred to, we do not know how accurately it is quoted. We presume, however, that what was intended was: Do not begin to wean within a month of hot weather, as your experimental stage will be right at the most trying season. You began to wean the baby when you began to feed him at all. The question with you is, therefore, simply how soon you shall finish weaning.

(1) We would have this process done before hot weather, which in this locality may be expected at any time after the 1st of June, although the severe heat does not come to stay until some weeks later. We do not consider the propriety of suckling the child until cool weather returns—say October—because practically such long nursing can be done by the mother in only exceptional cases. The only reasons for using a bottle after weaning are, first, if you do not personally attend to the feeding, the baby will probably be fed too fast after he has learned to drink; second, if you are to be in town in summer, the milk ought probably to be sterilized, and that can most conveniently be done in nursing bottles.

(2) We see no advantage in having two kinds of food as he has now, and to add more would be worse. We should advise you to decide—with the aid of your physician's advice—whether you will feed him diluted milk or diluted cream, or a mixture of the two, and then make every meal the same until autumn.

(3) His gain was very good, but not remarkable in the sense of being unusual.

Spine Curvature at Three Months.

To the Editor of BABYHOOD:

One month ago, when our baby was not quite three months old, we discovered that his spine was curved laterally in the lumbar region, convexity to the right. We found that he was in the habit of lying in this faulty position, and when kicking and squirming always pulled his body around in the same direction. As soon as we discovered the deformity we thought of the cause. The nurse we had during his second and third weeks held him supported in a sitting position, and afterward we were thoughtless enough to allow the little fellow to sit bolstered with pillows almost upright for a while nearly every day.

He has thus far had nothing but home treatment. He has been kept on his back or left side; we have been careful to lay him straight when putting him down; frequently with our hands we have bent him around in the opposite direction from that in which he is inclined to bend; allowing him to lie on a flat surface, we have gently pulled him out straight, holding him by the legs or under the armpits; also part of the time when he is asleep we wedge him

straight, *i. e.*, put a roll of cloth against his right side below the ribs and another against his left hip, thus securing him in a straight position; of course he would not lie awake thus propped. He is still inclined to be crooked, but in squirming frequently pulls as often around to the right as to the left. His left side appears to be stronger than his right, and I think he is inclined to draw up his left leg and allow the right one to be more nearly straight. The baby is certainly quite a muscular child, and has always seemed to be very well. He is not at all fretful, and amuses himself lying in his buggy.

Is it probable that he will completely recover with the treatment described? If this treatment is continued, how soon should we expect recovery? If you can give us helpful advice in regard to this we will be very grateful to you.

Wooster, O. ANXIOUS PARENTS.

First we may say that we are not at all clear that the lumbar curve was caused by the posture, although it was manifestly improper for a child to sit up at the age of two or three weeks. If that were the cause of the curvature it will probably disappear under your domestic treatment or with no treatment beyond rest upon the back. The main point is to discover if nothing beyond a simple lumbar lateral curve exists. This determination is beyond domestic skill. But for your encouragement we may say that the improvement in the condition from your simple treatment makes it probable that the trouble was only muscular in its action. If you have good medical advice at hand you would better make use of it.

Condensed Replies to Various Letters.

A. W. S., Minneapolis, Minn.—We should think that a child who had had such a (seeming) difficulty in digesting milk would do better if the milk were wholly or partly digested. The peptogenic milk powder is worthy of trial in such a case.

New Subscriber, Augusta, Me.—It would of course be better if the granum mixed evenly with the liquid; but if thorough stirring and agitation of the food does not incorporate them, it is better to let the solid sink to the bottom than to try to give any undissolved parts at his age (three months). If he wants more food when you widen the intervals of feeding he would better have more than to keep on with short intervals. Be as exact as you can in time of feeding, but the child need not be kept awake if the meal is due in a few minutes.

You do a foolish thing to call a physician and then decline to follow his advice on any theory of your own about the action of medicine. The physician has thought more and knows more than you about these very facts.

CURRENT TOPICS.

Very Juvenile Gymnasts.

FINDING myself placed in a position in which material was abundant, and available for reasonable experiment, I commenced a series of systematic observations with the purpose of finding out what proportion of young infants had a noticeable power of grip, and what was the extent of the power. I have now records of upward of sixty cases in which the children were under a month old, and in at least half of these the experiment was tried within an hour of birth. The results as given below are both curious and unexpected.

In every instance, with only two exceptions, the child was able to hang onto the finger or a small stick three-quarters of an inch in diameter by its hands like an acrobat from a horizontal bar, and *sustain the whole weight of its body* for at least ten seconds. In twelve cases, in infants under an hour old, half a minute passed before the grasp relaxed, and in three or four nearly a minute. When about four days old I found that the strength had increased, and that nearly all, when tried at this age, could sustain their weight for half a minute. At about a fortnight or three weeks after birth the faculty appeared to have attained its maximum, for several at this period succeeded in hanging for over a minute and a half, two for just over two minutes, and one infant of three weeks old for *two minutes thirty-five seconds!* As, however, in a well nourished child there is usually a rapid accumulation of fat after

the first fortnight, the apparently diminished strength subsequently may result partly from the increased disproportion of the weight of the body and the muscular strength of the arms, and partly from neglect to cultivate this curious endowment. In one instance, in which the performer had less than one hour's experience of life, he hung by both hands to my forefinger for ten seconds, and then deliberately let go with his right hand (as if to seek a better hold) and maintained his position for five seconds more by the left hand only. A curious point is, that in many cases no sign of distress is evinced, and no cry uttered, until the grasp begins to give way. In order to satisfy some skeptical friends I had a series of photographs taken of infants clinging to a finger or to a walking stick, and these show the position adopted excellently. Invariably the thighs are bent nearly at right angles to the body, and in no case did the lower limbs hang down and take the attitude of the erect position. This attitude, and the disproportionately large development of the arms compared with the legs, give the photographs a striking resemblance to a well known picture of the celebrated chimpanzee "Sally" at the Zoological Gardens. Of this flexed position of the thighs, so characteristic of young babies, and of the small size of the lower extremities as compared with the upper, I must speak further later on; for it appears to me that the explanation hitherto given by physiologists of these peculiarities is not altogether satisfactory.

I think it will be acknowledged that the remarkable strength shown in the flexor muscles of the fore-arm in these young infants, especially when compared with the flaccid and feeble state of the muscular system generally, is a sufficiently striking phenomenon to provoke inquiry as to its cause and origin. The fact that a three-weeks-old baby can perform a feat of muscular strength that would tax the powers of many a healthy adult—if any of my readers doubt this let them try hanging by their hands from a horizontal bar for three minutes—is enough to set one wondering.

So noteworthy and so exceptional a measure of strength in this set of muscles, and at the same time one so constantly present in all individuals, must either be of some great utility now, or must in the past have proved of material aid in the battle for existence. Now it is evident that to human infants this gift of grip is of no use at all, unless indeed they were subjected to a severe form of an old South of England custom, which ordered that the babe, when three days old, should be lightly tossed onto the slope of a newly thatched roof, that it might, by holding on to the straw with its little hands, or by rolling helplessly back into the arms of its father, assist in forecasting its future disposition and prospects in life. Barring the successful passing of this ordeal—with regard to which I have never heard that non-success was a preliminary to immediate extinction—it seems plain that this faculty of sustaining the whole weight by the strength of the grasp of the fingers is totally unnecessary, and serves no purpose whatever in the newly born offspring of savage or civilized man.—*Louis Robinson, M.D., in the Nineteenth Century.*

The Baby's Question.

"WHERE do the day go, mamma?"—
"Into the gleaming west,
Into the golden sunset,
Sinking to quiet rest."

"But where do the day go, mamma,
When it passes the gold gate through,
And the moon comes over the little hills—
The moon all broked in two?

"Where do the day go, mamma,
When the gates are shut so tight,
And the tiny stars come one by one
To peep into the night?

"And is it very tired,
And has it been sometimes bad,
And does it rain when it is sorry,
And does the sun shine when it's glad?"

In an eager, restless torrent
The strange little questions rolled;
But alas! just where the day went
The baby has never been told.

E. E. LANTZ.

Dorothy.

A LITTLE Virginian Dorothy is she, only a little girl, like other little girls, with yellow hair and blue eyes, but her seven years of life have been so spent as to make her not like other children. Eventless these years have been, so far as events mean change or catastrophe, for Dorothy knows little beyond the lovely bit of Virginian coast whereon her lot has luckily been cast, and would be sadly ill at ease in other than the most natural surroundings. But in a climate where everything is friendly, where there are no enemies of heat or cold, where the sweet,

constant winds blow illness almost out of possibility, and where sea and shore rival each other in tempting opportunity, life must, of necessity, be full of innocent and yet invaluable experience.

First of all, then, this Dorothy is sound of lung and limb. No squirrel is safer in a tree, no duck more at home in the water; and the other day I heard her say, "Mamma, what is a pain like? I never had a pain. Please tell me how it feels." So she has no consciousness of physical existence other than as a delight, except perhaps occasionally, when some wicked shell or thorn cuts her little bare foot and brings a speedily forgotten limp. And here she is, I think, greatly helped by the special advantage which the isolation of her life gives her in the matter of dress. So few are the critical eyes to see her that she has always been able to go, unimpeded by petticoats, in the same garments as her big brothers, and very literally to follow in their footsteps. At an early period in her career she decided for herself that when petticoats were indispensable she would make the best of them, and be an altogether correct and well-behaved Dorothy; but that when trousers were the order of the day, the change must extend even to the name. Whereupon she christened herself "Tommy," and ever since Tommy and the blue sailor suit have been inseparable. Often when, clad in the costume prescribed by civilization, she meets a curious friend who asks, "And where is Tommy today?" I have heard in cheerful tones the somewhat startling statement, "Oh, Tommy is hanging up in the closet."

The double life was for a time very distinct; but as she has grown older, the two have merged, and Dorothy, whether in petticoats or trousers, is the sole inheritor of Tommy's muscle and suppleness of limb. The long, mild seasons, which make bathing a matter of course for at least six months in the year, and tumbling overboard equally a matter of course all the year round, make it also no credit to Dorothy that she can swim like a fish, and row or scull a boat as well as her brothers. All flat bottomed boats in this port of Virginia are, oddly enough, known as "bateaux," and Dorothy has her own little bateau, light enough for her to row without strain, and stout enough to stand a good deal of rough weather. That this is one of her chief pleasures may easily be imagined, and I have seen few prettier sights than this little maiden, hardly more than a baby, as, alone in her boat, she sets forth on some voyage of perilous adventure.

To most children there is no such companion as the sea, and it goes without saying that Dorothy has innumerable friends under the waters of Hampton Roads. But, alas! experience has shown that she is no less hard-hearted than the boys, with whom she makes common cause when it is a question of pursuing crabs, or minnows, or anything catchable or edible. Miles of sandy beach lie open to her fleet feet, and victims as well as friends are hers by the score. . . . .

Naturally there is little routine in such a life, and Dorothy's days are, in a small way, a series of adventures. The most delightful things are always happening, such as the finding of a monster "fiddler" crab, or the first "May-pop," or a 'possum's nest, or a terrapin in the shallow waters of the branch, or perhaps a long moon-lit evening is spent in the canoe, far out in the "Roads," where the "White Squadron" lie at anchor; and Dorothy, as she lies curled up in the bottom of the boat, can hardly tell the flashing of their lights from the stars in the sky above or the phosphorescence of the sea beneath. Pages could not tell of all these "happenings"—perhaps nobody but the little girl herself knows what they are, and even she cannot guess what they will mean to her in the long years to come. . . .

We have no desire to claim this as an experiment in education, for it gives no opportunity for forcing, nor for other than very simple results; but if, as some of us believe, the best education is that which best fits the child to fight the battle of life—inevitable for all of us, for so many of us only shameful defeat—then, indeed, is Dorothy to be envied. For it is certain that whatever may be the burdens which the coming years are bringing to her strong little shoulders, she will always have at her command a treasury of inspiring memories, in themselves weapons of victory, put into her hands by the happy fate whose fiat admitted her to that full and loving friendship with Nature which, if our world were not so much askew, would perhaps be the birthright of every little child.—*New York Evening Post.*

Consumption Infectious.

THE accumulation of such evidence is becoming so great that every physician of experience feels forced to share the belief of the communicability of consumption. There are also few physicians who have not had one or more cases that for years they had thought had been contracted in this way. How else than by communication are we to account for the rapid spread of

consumption among savage nations, where this disease was unknown before civilized people began to visit them? This is true of our own American Indians, the inhabitants of Central Africa, and many other countries. Intermarrying, or any other condition which might make hereditary transmission a possible cause, certainly could not account for its rapid progress. Besides, some of the best observers and investigators believe that consumption is not hereditary, and there is much positive evidence in favor of this view. With such evidence of the possibility of inhaling the bacilli, the question would naturally be asked: How do the bacilli get into the atmosphere, when they are not found in the breath of sufferers from this disease? We know positively that in these cases bacilli are present in the mucus which is raised after coughing. In its moist condition it is impossible for it to be inhaled, but when it dries and becomes dust it is blown about, and it is in this form that it becomes dangerous.—*Dr. W. H. Chappell in North American Review.*

Comparison was not Odious.

PROF. CHAPMAN, professor of rhetoric at Bowdoin College, was the bright, particular star of the alumni dinner the other night. He boomed the little institution "away down in Maine" in a manner that delighted the boys.

"Bowdoin may have some failings," he said, "but I've known many a worse alma mater than she. In this respect I feel like the little daughter of a friend of mine in Portland. She had just mastered the art of expressing herself in intelligent sentences. One day she had done something for which her mamma had to reprove her. The lady gave her daughter a sound lecture, and then told her to go up-stairs, alone, in her room, and ask God to forgive her for her error.

In a few minutes she was surprised to see the baby come down stairs again, appear in the sitting-room, and stand back with a great deal of seriousness.

"Well, did you go up and do what I told you?" asked the fond mother.

"Yes," replied the guilty one, "and God said, 'Great Scott, Elsie Murray, I've known a great many worser girls than you!'"—*Boston Herald.*

A Protest.

THERE'S a problem sore,
I have conned it o'er,
  And it vexes my small mind much.
I ne'er shall know
Why they plague me so
  With their hateful "mustn't touch."

Oh, it is too mean,
That the scissors keen,
  Which I purloin every day,
And the mirror fine
That I wish were mine,
  Are forever snatched away!

For the life of me
I can never see
  Why there's always whack or bang
When I drop my tray,
In my childish way,
  With a lovely, lovely clang.

And to me it seems,
As I walk in dreams,
  In the land behind the sun,
Full of bric-à-brac—
All the kinds that crack—
  That I touch them every one.

And there's naught of strife
When the carving knife
  I seize with a reckless glee;
When the pins I eat,
And the paint so sweet,
  And they don't say a word to me.

Such joy I take
That I hate to wake
  To the life so stale and flat—
To the "don't" and "must,"
And I can but trust
  That heaven is like that.

LOUISE EDGAR.

Babyhood.

Devoted exclusively to the care of infants and young children, and the general interests of the nursery.

VOL. VIII. MAY, 1892. No. 90.

WILL HE OUTGROW IT?

ADENOID HYPERTROPHY AT THE VAULT OF THE PHARYNX.—OTITIS.

BY D. BRYSON DELAVAN, M.D., NEW YORK CITY.

IN a former article we have studied the effects upon the patient of chronic catarrh and of enlargement of the tonsils, and we have learned that while both of these conditions will be remedied if treated in time, the results, in cases where they are neglected, may be very disastrous. If it be true that the experiment of allowing a child to go on unrelieved in the hope that he will outgrow his difficulties usually proves to be a melancholy failure in the above mentioned diseases, still more is it likely to be the case in the disease with which we are about to deal, namely:

Adenoid Hypertrophy at the Vault of the Pharynx.

And first, what do we mean when we use this extraordinary name? If the reader will refer back to No. 61, December, 1889, of BABYHOOD, he will find an article in which the whole matter is explained, with diagrams and illustrations which can hardly fail to make the description plain. That the present reader may understand it, the following short description is given:

The pharynx is that part of the throat which lies back of the tongue. It extends below the tongue in a downward direction. It also extends upward, behind the soft palate and the nose, ending above in a rounded roof which is known as the "vault of the pharynx." This region is almost directly behind, and on a level with, the highest part of the nasal cavity. Upon each side of it are the openings of the tubes which lead to the ear. The vault of the pharynx itself is covered with a membrane similar to that which lines the rest of the throat. It contains, however, a certain small quantity of glandular or "adenoid" tissue, the same substance as that of which the tonsils are composed. The term "adenoid hypertrophy at the vault of the pharynx" means, therefore, an enlargement of this above mentioned substance. It is so much like the tonsil itself that it is sometimes called the "third" or "pharyngeal tonsil." Now, just as the tonsil, which is naturally a very small organ, can become enlarged to such an extent that the two together can fill the throat, so the so-called "third tonsil" is capable of greatly increasing in size. This enlargement, generally due to repeated colds, is often the result of diphtheria or scarlet fever. (See BABYHOOD, No. 78, May, 1891.) At first it is acute, the swelling disappearing after the cold has passed away, sooner or later, however, it becomes permanent. Indeed, there are some cases in which it seems to have been chronic from the first. It may be found in the youngest children. The writer has seen it present at birth. On the other hand, he has seen it in patients of over fifty.

Now, the space into which the growth extends, known as the upper pharynx, or retronasal space, is not large at the best, and a comparatively small adenoid enlargement is capable of greatly reducing its capacity, partly by the individual presence of the growth, and partly by the thick, viscid secretions which it excites. As the breath in passing

from the nose into the windpipe must go through the upper pharynx, any stoppage of the latter will prevent the natural process of respiration. Instead of drawing the air through the nose, the child becomes a "mouth breather." This is most harmful to him, for naturally, as the air passes through the nose it is especially prepared for its reception by the lungs by being warmed, moistened, and, to some extent, sifted of the foreign particles which are apt to be found floating in it. Inhaled through the mouth it is irritating to the lungs. Hence, and for other reasons, mouth breathing is highly injurious. Again, the adenoid enlargement is a very frequent cause of deafness, for it occasions attacks of acute earache, often resulting in abscess, and it also is the occasion of a permanent thickening of the drum membrane of the ear. Both of these conditions are causes of serious deafness, which is likely to become worse as time goes on. The digestion and assimilation of food are greatly interfered with and the child's development impaired thereby. His nervous system is affected, and various unfortunate conditions are brought about. The voice, too, is made thick, the utterance indistinct and pronunciation faulty, while the mental condition is often rendered exceedingly dull. Altogether, from his labored respiration, frequent earaches, deafness, indigestion, nervousness, and the rest, the child is a constant and often a pitiable sufferer. Indeed, in few cases are our sympathies likely to be more strongly enlisted than in these victims of adenoid hypertrophy.

But, in spite of present suffering, will not the child outgrow the trouble? In some cases—yes. In the vast majority, decidedly—*no!* For, in the first place, the enlargement is often present in persons over thirty years of age; and secondly, even where it does grow smaller, it still remains diseased and a source of irritation to the surrounding parts. This is certainly not an encouraging outlook for the patient waiter for spontaneous cure.

Suppose, however, that it has been determined to postpone treatment and let nature take its course, in the hope that the trouble may ultimately be outgrown. What is the result? It is often a wrecked constitution, the loss of special senses and functions, and the acquirement of serious and permanent deformities, the blame for which cannot fail to be laid by the unfortunate victim exactly where it belongs. For, while parent and physician have been placidly waiting, the child's life, daily and nightly, has been one of suffering. Moreover, and worse than any present suffering, changes have been taking place in him which may follow him, to his sorrow, to the end of his days. Nervousness may have become a fixed condition. The hearing, gradually becoming worse and worse, may be permanently injured, and the patient rendered deaf for life. There have been cases in which it has been entirely lost. The pain and suffering caused meanwhile by the recurrent attacks of inflammation of the ear may have been the means of seriously impairing the child's health and of interfering with his progress. Any one who has himself suffered the intense pain of an acute earache will readily appreciate the truth of what has just been said.

The impairment of digestion is a factor of more than passing importance, for existing at the time when the child's growth should be most rapid, and depriving him then of his proper nourishment, it is impossible that he should thrive and develop as well as one with whom a proper amount of food is digested and assimilated. Of course such a child must be smaller and more puny than one who is well fed.

Again, the child is backward in his mental processes, because the brain is improperly nourished, because he is usually suffering from a headache, because of his deafness, and because of his thick and difficult speech. From these unfavorable influences he is likely to be slow and stupid at school, and unpopular alike with teachers and fellow-pupils.

By far the most important evils, however, are those which arise from the mouth breathing habit. As has been said before, the air is not properly prepared to enter the lungs. For good reasons, also, a supply of air far less in amount than is required is, in many

cases, inhaled. The child is thereby deprived of the usual proportion of oxygen demanded by nature. The results of this are most disastrous. Moreover, the nose itself, from disuse, is improperly developed.

The outgrowth of these primary results of mouth breathing is a somewhat startling list of accidents, as will be seen in the following explanation of them: 1st. The air not having been suitably prepared for the lungs, the latter are unduly irritated. The result is made evident in the attacks of bronchitis from which these patients commonly suffer. 2d. The fact that the air supply is diminished will account for the next train of evils. By reason of this the blood is not properly oxygenated and the whole being suffers in consequence. The child is pale and bloodless looking. His growth is retarded, just as that of any other animal would be under similar conditions. His chest is narrow and contracted, and he is apt to be "pigeon breasted." He is far more liable to suffer from diseases of the lungs than one whose chest has been naturally developed, and when attacked the chances of his recovery are decidedly lessened. 3d. The effect of disuse upon the nose is to deform it, both outside and in, and to prepare the way for troubles in after life of a most annoying nature, in addition to which should be mentioned catarrh and loss of the senses of smell and taste.

Thus, while the child has been waiting to outgrow his adenoid hypertrophy, more or less of the above troubles, and in not a few cases all of them, have been afflicting him, each one growing and increasing, and becoming every day more deeply seated and more difficult to remove. And what is the ultimate result? If attacked by diphtheria or by scarlet fever with throat symptoms, these children often die, because of the greater severity of the disease, the greater difficulty in treating it, and of the feeble and debilitated condition of the patient. For such a patient with weak lungs cannot have a strong heart, and without a strong heart the above mentioned diseases are apt to be more than a match for him. Waiting, therefore, has cost him his life.

Suppose, on the other hand, he has escaped with his life and has grown to manhood. If what has been said already about the permanent results of adenoid hypertrophy be true, he has paid dearly for the experiment. And how foolish that he should have been obliged to submit to all this, when by simple means the whole trouble might have been relieved, in the space of a few minutes, once and for all.

This is no new field, but one which is now illuminated by the experience of years. Such cases are not rare. They are so common that ample opportunity has been given us to study them. And with what result? First, they never entirely recover without some aid from the physician; second, we know that the means necessary to cure them, if properly employed, are absolutely safe; third, that the removal of the local trouble is speedily followed by improvement in every particular. The writer has more than once seen serious deafness disappear within a few days of the removal of the growth. He has frequently known a child who had always snored at night and whose sleep had been disturbed by intense restlessness and startling dreams, rest in perfect peace and quietude the very night following the application of relief. He has seen the puny, dull, nervous child, who had been the butt of the school, suddenly take place with the brightest and most intelligent of his class, while as to the matter of physical development, the rapidity with which the child will grow is, in some instances, astonishing. It is not uncommon for a child of from eight to sixteen years, whose development is that of one several years younger, to suddenly take on such rapidity of growth after his throat troubles have been relieved that within a year he will have attained the average size of one of his years.

To suppose that the child will outgrow adenoid hypertrophy is to make an inexcusable if not a fatal mistake. Adenoid hypertrophy will not be outgrown, and, even if it were, the troubles of which it is the direct and indirect cause are too serious to allow us for a moment to leave the child to his fate. Such cases should be treated at once, and the ear-

lier the better, so long as under the influence of the disease the patient is liable to present or prospective injury.

Otitis.

This disease, as its name implies, is an inflammation of the ear. It may show itself in any one of several different forms. Thus, we may have an acute inflammation of the parts near the drum of the ear, due to an inflammation in the pharynx extending up the tube which leads from the pharynx to the ear and causing what is commonly called "earache." This may be a simple inflammation, lasting but a few hours and soon subsiding, or it may go on to the formation of an abscess inside the drum of the ear.

The latter condition is not only excessively painful, but very dangerous, and has cost many a patient his life. Such attacks of earache are generally caused by the presence in the pharynx of the enlarged adenoids described in the preceding section, which, becoming inflamed from catching cold, set up an inflammation of the pharynx, of the tube leading to the ear, and, finally, of the ear itself.

The history of such a case is, in short, that the child contracts a cold from some slight exposure. There is a little sore throat. The following evening he complains of pain in the ear, and passes a night of pain, in some instances of intense suffering. In the course of time pus suddenly appears in the outer canal of the ear and the pain is relieved. The explanation of this is that the pressure of the abscess has caused the suffering, and that finally the strain upon the drum membrane has become so great that it has given way and the abscess has emptied itself through the opening thus made. This opening may heal of itself, and in healing become entirely closed. Very often, however, it remains open, a permanent deformity of the tympanum, and almost invariably a cause of loss of hearing. Such attacks may occur again and again. Some children may have several in the course of the same winter. Occasionally the child will hardly have recovered from one before another will appear. The effect upon his general health may readily be imagined.

In the other class of cases the inflammation of the ear becomes chronic. Such cases are often the result of the repeated acute attacks first described. In them there is a constant discharge from the ear. This discharge is extremely offensive, and sometimes profuse. The hearing in the affected ear may be entirely lost; it is always more or less impaired. The child is subject to acute attacks, which, added to the already existing chronic disease, make the condition one of exceptional painfulness and actual danger. It is such a disease from which the present Emperor of Germany is said to be suffering, and which has been the cause of such well known trouble to him and to his people. Extension of the inflammation to the bony structure in the neighborhood gives rise to serious complications, and these may finally constitute one of the most dangerous conditions with which the surgeon has to deal. The tendency of inflammation of the ear is not to spontaneous recovery.

The child will not outgrow his earache, and if left to do so, the consquences, as has been suggested, may be most serious. Deafness, frequently recurring attacks of intense pain, the establishment of chronic suppurative inflammation, with all the ills which that involves, and finally death itself, may and often have resulted from lack of attention to these difficulties. In the light of our present knowledge to neglect an earache is criminal. Surely no one who knew the means of relief now at hand would ever, in his own person, endure the agonies of such a trouble, in the hope that some day it would be outgrown!

Finally, with all of these things—catarrh, enlarged tonsils, enlargement of the adenoid tissue at the vault of the pharynx, and its sequels, inflammation of the ear—the same statement holds true: (1) that in the vast majority of cases they do not tend to spontaneous recovery; (2) that their existence often gives rise to other evil conditions infinitely worse than themselves; (3) that these conditions may be absolutely removed by the early cure of the original trouble, and (4) that while all of these troubles are most dif-

ficult to relieve after the patient has suffered from them for a considerable length of time, there is not one of them which, taken early, cannot be absolutely and radically cured. The time for their treatment, therefore, is not when the child is grown, or half grown, but at the very outset, and before their evil results have become established. It is impossible to lay too great stress upon this. A little treatment, judiciously applied at the right time, may rescue the child from present danger and also prevent him from passing a lifetime of suffering. When the truth of this statement is thoroughly understood, we shall hear less often of the child being left to outgrow his throat troubles.

NOTE ON THE GIVING OF ENEMAS.

BY THE MEDICAL EDITOR.

AN enema is any liquid introduced into the rectum or lower bowel by any appropriate instrument. It might seem that no instruction were needed as to how to administer one, so, indeed, the writer once supposed; but the misadventures of inexperienced patients or attendants have changed his opinion. Enemas are given to produce a movement of the bowel and for the introduction of medicines or of food which for any reason cannot be as satisfactorily administered by the usual channel of the mouth. In domestic practice the almost universal use of an enema is for unloading the bowels, but a few words may be advantageously included regarding its use for other purposes.

At the present time excellent syringes are easily obtained. The bulb syringe is probably the most commonly employed, but it is, we think, on the whole, less desirable than the rubber-bag syringe, with its valveless pipe and simple pinch-cock to arrest the flow of water. The points in favor of the latter are the uniform flow of the liquid, the force being determined by the height at which it is suspended, and the freedom of both hands of the person using it. When medicines in definite doses are to be administered in enema form an ordinary straight barrel syringe with a plunger has some advantages, but the bag may be made to do the duty by carefully measuring the dose and seeing that the tube is emptied of all liquid (by "stripping" it with the finger and thumb) before the nozzle is withdrawn.

In giving an enema as a purgative, it will sometimes happen that the lower bowel contains fæcal matter which may be simply washed out by this means. But ordinarily it is necessary to stimulate the bowel to action by a quantity of liquid sufficient to distend to a certain degree its lower portion, often beyond the limits of the rectum proper. The liquid in commonest use is simple, strong soap suds. To this may be added, if desired, salt or molasses, if especial stimulation is desired. Drugs had better not be used without medical advice.

To administer an enema, everything being in readiness, place the patient upon the left side. The amount to be administered varies with the age of a patient; an adult may need from a pint to two quarts, while a little child may require no more than two ounces (four tablespoonfuls); and from this to a half pint, according to age, may be used.

In adults and in children old enough to describe sensations there is, soon after the injection begins, a desire to evacuate the small quantity administered. If the flow of liquid be stopped for a little the sensation passes, and much more can be given without distress. A greater quantity usually can be given if the liquid is introduced slowly. When the desire to empty the bowel becomes strong the tube should be withdrawn and a napkin held against the seat for a few minutes, by which time the bowel will be stimulated to freely unload itself. In giving enemas to young children who cannot describe these symptoms, they must be largely guessed at from their straining or other signs. Enemas which require the introduction of a long tube or any especial appliance should be administered by the physician at least once, and the mother, if she is expected to repeat it, should be carefully instructed by him as to details.

When medicines or food are administered by means of an enema the bulk of the latter should be small enough to be easily retained in the bowel. An adult unirritated bowel will not comfortably retain above six ounces, and often no more than four; if the bowel be irritated, as in dysentery, perhaps no more than two ounces. A young child under the same conditions might retain from a teaspoonful to two tablespoonfuls. The liquid should be as nearly the body heat as practicable, and the patient must be kept recumbent for at least half an hour, if, indeed, he be not kept in bed.

The details of medicated and nutrient enemata are beyond domestic practice and will in each case be dictated by the medical attendant.

THE HEADACHES OF CHILDHOOD.

II.—TREATMENT.

BY C. L. DODGE, M.D., KINGSTON, N. Y.

Treatment of Migraine.

IN the preceding number of BABYHOOD we outlined the principal causes to which most of the headaches of childhood are traceable. We have now to consider the best remedies, hygienic and medicinal.

Until recently the treatment of this form of headache has been most unsatisfactory. It has been in truth for years a reproach to scientific medicine. Among the various remedies recommended—and their name is legion—I have found few to be of any real service. Treatment properly directed, however, is much more likely to prove successful with children than with adults. We now possess three remedies that in many instances seem to have the power to arrest or "break up" an attack of migraine, but they must be given early in the attack, as soon as the first symptom of headache is felt, otherwise they are likely to prove useless. They are antipyrine, acetanilid and phenacetine. Where an attack of migraine is fully developed it is simply impossible to check it, and here I would urge that the patient be kept quietly at home in a darkened room. In most cases it is best to abstain from food of all kinds, and where nausea is present, broken ice or hot weak tea seems most acceptable to the stomach. Of the three remedies just mentioned I decidedly prefer phenacetine; this is comparatively speaking a safe remedy in the hands of the laity, which is

more than can be said of antipyrine or acetanilid. The two last-named drugs should never be given, except on the prescription of a competent physician.

Phenacetine possesses one special advantage which commends it above the others for children, and that is its absolute tastelessness. It can be taken dry on the tongue followed by a swallow of water, or in a little sugar, in capsules, wafers or in any way most agreeable to the patient. The dose of phenacetine for a child ten years old may be five grains. This can be repeated every hour for three hours in succession if necessary, but it will rarely be necessary to repeat the second time.

It is better to have the physician give specific written directions suited to the individual.

Morphine of course will relieve the pain of migraine the same as the pain of any other affection, but it is alluded to here only to condemn it; the objections to its use are so great that I never employ it.

Among palliative measures may be mentioned hot mustard foot-baths, which often give great relief, mild mustard poultices to the back of the neck and the use of the menthol cone. This with children is almost always agreeable, and seems to divert the mind from the severity of the suffering, if nothing more.

Preventive Treatment.

Here it is very difficult to lay down any special course to follow. The general health must be kept up; whatever weakness or ocular defect the child has must be relieved. Good nutritious food, plenty of out-door exercise, attention to personal hygiene, thorough bathing at regular intervals, plenty of sleep in well-ventilated apartments—all these must be firmly insisted upon; and when intellectual pursuits are obviously overtaxing the child's strength, it becomes absolutely necessary to remove him, for a time at least, from the school-room.

There remains one other duty. Many children who suffer from migraine have some ocular defect. So much has been said and written of late on this subject that it is not necessary to go into details. I believe it is incumbent upon parents and guardians to secure a thorough examination of the eyes of all children who complain persistently of headache. I do not believe, as remarked above, that eye strain, so called, is responsible for every case of migraine. It undoubtedly explains some, and many children as well as adults have just cause to thank the oculist for their riddance of so grievous an affliction. But glasses will not cure all, nor nearly all, and in some cases are unbearable in actual use.

Symptoms and Treatment of Dyspeptic Headache.

This form of headache occurs under two different types. In the first, which is popularly called "a fit of indigestion," and sometimes a "bilious attack," which is essentially a misnomer, it is occasioned by overloading the stomach with indigestible food or that which proves difficult of digestion for the juvenile stomach. Shortly after eating immoderately in this way, sometimes within an hour or two, the child complains of distress, heaviness in the stomach, and a severe pain in the head. Nausea quickly supervenes, the face becomes pale, the hands and feet cold and clammy, great prostration ensues if the nausea be severe, and finally vomiting takes place, to the great relief of the little patient. In many instances this comprises the history of the case. The child is kept quiet and the next day is apparently as well as ever. This is nature's method of cure. The second form is due to the same causes, begins in the same way, sometimes, however, a little more gradually, but the efforts at vomiting are only partly successful, and only slight relief is obtained. Fever now appears, the pulse is rapid, the breathing hurried, the face flushed, the skin hot and dry, and the child is excited and restless. This constitutes the so-called "gastric fever" of olden time. Occasionally looseness of the bowels ensues; this should always be encouraged, as it is nature's method of removing the source of irritation. These symptoms usually subside in a day or two or three, the child, perhaps, remaining a little weak, with but slight inclination to eat for a few days longer.

The treatment in these cases is usually

simple and thoroughly satisfactory. In the first-named variety scarcely anything is necessary to be done. Nature removes the offending mass, and, the cause being removed, the headache, præcordial distress, etc., disappear. In the second form the child should be encouraged to vomit when overloading the stomach is known to have taken place or even where there is a strong suspicion of it. As soon as the stomach has become quiet from the effects of vomiting, a mild and pleasant purgative should be given, such as the granular effervescent citrate of magnesia, repeated if necessary until the bowels have acted thoroughly. If the febrile symptoms do not speedily subside, a physician should be summoned and the case turned over to his care.

Symptoms and Treatment of Headaches of Anæmia and Malnutrition.

These headaches are common in city-bred children. The very appearance of the child shows that it is suffering from malassimilation and "watery" blood. He is usually pale and delicate, and has small bones and thin skin, if the complexion is light; if dark, the features are small and fine. He is often precocious and easily excited. The headache generally appears when school days arrive, and sometimes comes on in the morning, at other times later in the day after steady application to his books. The seat of pain is usually frontal, but often the whole head is involved, at least the child says so. There are very few malingerers among this class of patients; they comprise the sober, serious, earnest, truthful children, who are as a rule given to study and anxious to learn. Headache of this kind often lasts for weeks at a time, if no change is made in the patient's habits, and "growing pains" are accounted a sufficient explanation of the child's alleged sufferings. No extended description of these headaches is necessary. They are of frequent occurrence, are familiar to every one, and are easily recognized.

I will now endeavor to point out the prominent features of each variety of headache so far described, and thus render discrimination or diagnosis of one from the other possible to almost any one who takes sufficient interest in the subject to care to do so.

Migraine is constantly confounded with dyspeptic headache by many who ought to know better. When it is remembered that acute dyspeptic attacks always have a direct and obvious cause; that they never occur with any such regularity as migraine; that they never come on early in the morning, except when overindulgence in hearty or indigestible food has immediately preceded the attack, and that the nausea and vomiting precede the headache, or at least that severe headache is not present before nausea appears, it would seem that the distinction should be plain. In migraine, as we have shown, the pain begins *gradually* and increases hour by hour, up to a certain acme, so to speak, the nausea and vomiting never appearing early in the sickness, but always just before the highest point of suffering is reached. The prodromes when present in migraine are also diagnostic. Dyspeptic headache is apt to attack persons of a bilious temperament; migraine rarely does.

The headaches of anæmia and malnutrition differ from migraine by their obviously different causation; by their want of uniformity as seen in different children, and their absence of certain well defined symptoms invariably found in migraine. Dyspeptic headache can hardly be mistaken for the headache under consideration, since the causes are so widely different and the attacks themselves vary so greatly from each other; one is a short paroxysm of a few hours' duration, the other often continues for days and weeks with slight intermissions; and lastly the general appearance of the children suffering from these two varieties of headache is totally dissimilar.

The headache of nasal catarrh is readily determined by the characteristic symptoms of the latter disease, and by noting the fact that the child invariably complains of the headache when the catarrhal symptoms are marked. Malarial headache always has a history of exposure to malarial poisoning or of an actual attack of malarial fever.

The treatment of the headaches of anæmia and malnutrition can only be indicated in the most general way in this place. Children suffering from them should be placed under the care of the family physician and his advice should be implicitly followed. These little patients nearly always need tonics, plenty of plain, nutritious food, out-door exercise, and pure air to breathe indoors; they require warm woolen underclothing and thick heavy shoes, and special care must be taken to keep the feet perfectly dry and warm. These children need animal food at least twice a day, with plenty of good rich milk. For the attacks themselves may be given a hot cup of weak tea or coffee, or a cup of hot milk, a small dose of aromatic spirits of ammonia, or a little brandy and water sipped slowly. Rest in bed with a hot water bag to the feet and one or two doses of bromo-caffeine will generally bring relief in a few hours.

PRIMARY MUSICAL EDUCATION.

BY MRS. E. H. MERRELL.

IN Germany there is little thought given to inculcating a love for music. Music is "in the air" continually. For generations the people have heard the best and learned to love it. In America, however, it is only within the last twenty years that there has been a widespread love for music. Thomas, Damrosch, Tomlins and others have at last created among the people a liking for the best music. There is a constantly increasing number in our large cities who have been trained into a love for classical music by intelligent listening. It is hard, however, to train an adult into such appreciation, and rarely does one trained so late in life become as genuine a lover of music as one to whom such a love is inborn.

Now, how can we help little children to this birthright? If the father or the mother play or sing, the matter is much simplified, for then an inherited taste has only to be cultivated. Of course, a music-loving child may be born of parents who have neither taste nor talent in that direction, but this is exceptional. We are to consider the question simply as to its general application.

While the child is yet an infant, accustom it to hearing the best music. Let father or mother play or sing to Baby only such grand, beautiful hymns, or other selections, as the ages have sanctioned. Do not, as you value the musical sense of the child, give it the Moody and Sankey jingles, or the "Up in a Balloon, Boys" style of music. These are well enough once in a while, or perhaps as a beginning towards better music among the masses. Neither must you plunge the child into the complicated harmonies of a great oratorio or the most difficult sonatas. "Milk for babes," but the genuine article, not chalk and water. There are thousands of beautiful yet simple compositions by the great masters, which are every whit as bright and taking as the last jingling tune from that light operetta which took the fancy of the crowd. The trouble with many of the advocates of classical music is that they have adhered generally to a certain set routine, until there are people who verily believe that Beethoven wrote few sonatas beside the F Minor, Opus 2, No. 1, the "Pathétique," the "Sonata Appassionata," the "Moonlight," and the one in A Major,

and that Mendelssohn had nothing to show for his labor but the "Spring Song," the "Hunting Song," or "Consolation."

Not only accustom the child to hear the best music, but as soon as he is able to sing himself, give him the best continually. Herbert Spencer says that at the time of the unfolding of any faculty it is most keenly active, and that it cannot in its weak state resist external impressions, but that its first throbbings become less and less sensitive as the action becomes more and more habitual, and that the first impressions finally give a lasting coloring to the concept. Begin with the Kindergarten songs, reading first Prof. Tomlins's tract on "The Proper Training of Children's Voices." There are many Kindergarten song books; but "Songs for Little Children" by Eleanor Smith has the merit of giving us not only beautiful melodies, but the exquisite accompaniments of Carl Reinecke and J. W. Elliot, and others after the same model. For cultivating the sense of rhythm, for training the ear correctly and developing right musical feeling in little children, it is one of the best Kindergarten song books yet compiled. It cannot help preparing them for a greater love and better understanding of the beautiful mysteries of pure music. Children of two and three years of age love to listen to these songs and soon learn to sing them. Do not despair, however, if they do not try to sing till much later.

Sunday affords an excellent opportunity for furthering children's love for music. In the twilight let them join in singing such grand old tunes as "Jerusalem the Golden" (Ewing), or "Coronation," or others found in such a compilation as Robinson's "Songs for the Sanctuary." Then mamma or papa can sit down to the piano and play the Overture to "The Messiah," or the Pastoral Symphony in the same, or such a piece as the Menuetto of Beethoven's Opus 31, No. 3, where the melody is easily followed and enjoyed by the little ones. If they do not learn to love classical music, their souls must indeed be obtuse to the concourse of sweet sounds.

By seven or eight years of age, begin your child's technical training on some instrument. Prior to this, however, teach the child how to pitch a tune; to discern by the ear alone the notes of the scale, struck hap-hazard; to sing the scale forwards and backwards; to sing, with or without accompaniment, the simple vocal exercises given in such a manual as the Cincinnati, or the Milwaukee, Music Reader. "The Tonic Sol-fa Music Course," by Batchelor and Chambury, will be of very great help in making easy the entrance into music.

Decide what instrument your child shall master. Let the one whose ear is slightly inaccurate take the violin. It is *the* instrument for developing accuracy of ear. And for the child who takes the piano, with the help of Matthews's "Twenty Lessons to a Beginner," you can make of him—if he has any music in him—an independent performer, able to judge by his own ear whether he plays well or ill. Matthews's "Twenty Lessons" involve three principles: 1. The supremacy of the ear. 2. The control of the fingers, according to Mason's system of technic. 3. The art of reading music. It is claimed for this method that in forty lessons musical results are arrived at, both in the pupil's intelligence and his ability to reproduce fine musical distinctions by means of his playing apparatus, such as cannot be obtained in the ordinary method in two years; that better readers are made than by the ordinary system, that practice is shortened and sweetened, and purely mechanical work is relegated to the background.

OCCUPATIONS AND AMUSEMENTS.

A Home-made Rag-doll.

As babyhood is the period of a child's life when the question of "a doll" is the most serious, it is likely that many readers of BABYHOOD will be sufficiently interested in the matter to follow a description of a home-made rag-doll.

Never in the world's history has the demand for "perfectly lovely" dolls been so fully met as at the present day; even the master mind of Mr. Edison has been brought to bear upon the childish subject to the end of producing the famous electrical dolls which speak—though it must be admitted that they do so in a very "strained voice." Notwithstanding the infinite variety displayed by the toy shops, the beautiful French wax doll that opens and shuts its eyes—eyes of real glass and substantial-looking hair of its own—the child-heart often tires of it all, and turns with longing toward the soiled form of an old rag baby in the possession of a poor neighbor's child.

Having seen this exemplified in the case of my own little ones, and many times besides, I have come to the conclusion that it is an element inborn in baby nature; a protest against the artificial and the conventional—in fact, a demand for rag-dolls. To aid the busy mother in answering this appeal is my purpose here. There has recently appeared on the market a solution of the problem of how to make a rag-doll in the shape of a pattern printed in colors, the front and back sides both being shown, with dotted lines indicating a quarter inch margin for the seam. These two pieces are sewed together, the filling being preferably cotton; the sawdust often employed for this purpose makes bad work in case of a rip. The pattern is on sale at this time for eight cents and may be obtained of most department stores in the large cities. It is, however, "calico print"; a doll sewed up from drilling would be stronger and more durable.

The accompanying cut is reduced from the pattern above referred to. The relative dimensions may be arrived at from the picture, but to facilitate matters I will give the principal dimensions taken from a full-size pattern. (The figures given are exclusive of margin.)

Full length, 17 inches. Chin to top of forehead, 2¾ inches. Chin to top of head, 4¾ inches. Across head at top of ears, 5 inches. Width of body at armpits, 4½ inches. Armpit to finger-ends, 3½ inches. Armpit to knee (edge of garment), 5 inches. Armpit to sole of foot, 9 inches. Width of arm and leg at widest point, 2 inches. Width of body at slope of shoulders, 6½ inches. Foot, heel to toe, 2¾ inches long.

If your baby has missed the exquisite pleasure of owning one of these little dumb companions, sit right down and work out the above directions; the delight of your child will be the reward. I, myself, have carried to womanhood the joys of those early days, and if I were rewriting "The Old Oaken Bucket," the first line would read: "How dear to my heart are the rag-dolls of childhood!"

Somerville, Mass. MRS. C. S. WADY.

The Convalescent Play Drawer.

I HAVE a little boy four-and-a-half years old. He has been sick a good deal, recently recovering from an attack of bronchitis, preceded by a long siege of scarlet fever. The convalescent period is a very trying time, for he has an active brain and busy fingers, and is always singing "Oh, what shall I do now?" or, "Mamma, mamma, come here, I want somefing to do," so that mother has had to tax her ingenuity to the utmost to keep him employed. When, as is the case, I suppose, with most children, his mind is bereft of planning and working, his disposition grows fretful, the brows wrinkled, the voice quarrelsome – altogether, he is quite a different

laddie from the busy boy who seems, for the time, quite placid, calm, cheerful and sweet tempered.

He wakes at six o'clock and can hardly wait until daylight for "something to do." Mamma is strict in not allowing him to work by gaslight, but will move his bed as close to the window as drafts will permit, and when the dawn enters the chamber he is all ready for business. From that time until six o'clock comes for the tired lids to close in slumber, there are not many idle moments—a story told will sometimes make a good resting place. For the benefit of other mothers whose means are limited (indeed, what child ever is fond of expensive toys with no meaning in them?), I should like to let them peep into my drawer and perhaps it may help them out a bit under like circumstances.

This play drawer is quite distinct from my boy's own (the latter having the character of the contents of forty pocket possessions), that the charm may not be too quickly dissipated by too easy access to its treasures. If a child feels an older person really interested in his possessions, willing to aid him in a rightful use of them, it adds much to their value. This is especially true of a child with no playmates of his own age. He must appeal more to his mother, and the devotion on her part, the willingness to enter into his thoughts, will, I am sure, be repaid in after years, for, when the boy goes out into the world, the influence of real companionship will still cling to him. But to return to the contents of the drawer.

First, we see a slate and pencil with a small sponge, then a small paper block to tear off tiny sheets for "letters," a case of colored pencils, a pair of blunt scissors, a pile of old leaves of magazines from which to cut pictures, magazines or old reports in which to paste them, old fashion plates to cut out, a bottle of tiny beads to string, a magnet and iron filings, pieces of cloth for dollie's clothes, or to sew together for a "'carecrow," squares of cloth to "fringe" for doll's towels, etc.

Then comes the kindergarten outfit, for at one time our boy was a kindergartner, and was quite lost without the weaving and sewing to do. (A large variety can be purchased at any kindergarten supply establishment.) There are packages of "Bradley's Weaving Mats," a package of sewing cards, a box of straws for stringing, an envelope of paper squares in bright colors, used for pasting on paper in designs and to string alternately with the straws; also colored wooden beads for stringing. The cost of all these was about $2, and they would answer for months.

The paper weaving mats come in twelve shades, half slit almost to the edge; these are to be torn apart, inserted in the end of the long "weaving" needle, then passed in and out of the slits in the corresponding mat, sometimes under one, over one, or by twos, threes, to give variety; though simple, the effect would lead one to wonder how a little tot could possibly do it! When the weaving is finished, the mother can turn the mat into a pretty cornucopia by pasting two sides together, or tie it with ribbons to blotting paper for a blotter to adorn a future Christmas tree.

The sewing cards could be made at home. Cut cardboard into rectangular pieces, five by four inches. On this lightly trace a figure, an apple, coal-hod, vase, etc., and at intervals prick it through, give the child bright colored silk or worsted and let him sew in and out of the pin pricks, thus covering the drawing. Or trace these same figures and let him paint them; an apple or orange being particularly pleasing. Arrangement of color is taught in stringing the colored beads—making a rainbow "great fun."

Yes, it is all "great fun" to the boy in bed, unconscious that he is learning anything. As he grows stronger these things may be laid aside for more boisterous games—always, however, useful for the inevitable stormy day.

I have not touched upon the dissected puzzles which must complete the outfit; these are of all sorts and kinds and can be found at any toy store.

Woburn, Mass. MOTHER.

Home Diversions.

THERE is a long period between actual babyhood and the time when children enter school. During these years their curiosity is never satisfied. Their imitative faculties are keenly on the alert, and the result is that they evolve such an amount of activity as to render them well-nigh intolerable to all who are not personally interested.

At this time the kindergarten finds its work, and in just so far as the methods by this training entertain and amuse without a corresponding development of self-reliance in the child, so far does it strengthen and establish a desire simply for being amused.

I once knew a delicate child of five who taxed to the utmost the resources of her parents, two grandparents, two older children, and as many visitors as came in contact with her. During a severe illness of the mother this child was left in care of an aunt. A day or two after her arrival she began crying without any apparent reason,

and upon being urged to tell the cause, said, "I want to be amused. Why don't you amuse me?" If the results of wrong management in the beginning ceased to be injurious later on, we might bear with it; but wrong habits implanted at such an early age are not easily overcome.

The custom of telling children stories when the primary object is amusement is always questionable. The main object should be to instruct. A continuous atmosphere of amusement is even more deleterious in early childhood than later, as the child will naturally infer this to be the proper condition.

There are countless ways in which children may amuse themselves, and acquiring this ability, they develop in their characters what will prove beneficial in the future. It is enough to give a child a cart, a wheelbarrow or wagon, but it is too much to furnish loads for them. I once bought a velocipede for a small boy, but as he was too cowardly to ride, and insisted on my walking beside him by the hour to prevent his falling, I did not consider my investment on his behalf very paying. I changed my tactics and gave him a large cheese box filled with sand, a never failing article for the amusement of children. I also supplied him with a funnel, a few empty bottles and a perforated ladle. On a table near by I fastened some heavy white paper. I was gratified over the result. He would sift over the paper a thin covering of sand, in which he would trace with his finger all sorts of figures that suggested themselves to his mind. After leaving it awhile he would return with fresh interest, having thought of something new.

I will describe a simple contrivance of use where there are two children. Place on each side of the room a chair, and pass a cord around a post of each, joining the cord so that it may be drawn back and forth. It is then ready to act as "Telegraph." The paper containing the supposed message is pinned to the cord, and as the cord is drawn, it carries the telegram from one to the other. One little fellow who was familiar with the click of the real instrument devised what he called a clicker. Such an arrangement may be used to great advantage on rainy days.

A large woolen ball three or four inches in diameter, and suspended from the ceiling to within twelve or fifteen inches of the floor, makes an intesting plaything for younger children. It should be made so light as not to damage anything when swung from place to place.

There is an extreme view entertained by some that few would endorse—that a child should have no playthings except what he makes himself. On the other hand, if he has everything he desires for his gratification, he soon becomes critical and hard to please. A wise parent will choose for the child such playthings as will tend to strengthen his self-reliance and develop a habit of thoughtful investigation. The advantage to the child who is thus wisely directed cannot be overestimated.

Ashtabula, O. MRS. J. S. LOWE.

Classifying Pictures for the Scrapbook.

ONE of the simplest and most efficient ways of imparting knowledge to a child too young to attend school is the following: Cut out and neatly paste in a paper cambric book pictures of all kinds, classifying them in the animal, vegetable and mineral kingdoms. The paper cambric will not tear, the pictures are attractive, and by classifying them and carefully explaining to the child, he will learn at an early age what many adults are ignorant of. Then, as the child grows older, many interesting and valuable bits of information about the pictures may be given. Stories of animals, the countries they live in, their habits and their use after they are killed, are always acceptable. It is well to leave several blank pages in each kingdom to be filled by the child when he is old enough to classify the pictures himself.

My own pictures were taken from magazine advertisements, catalogues, stray pamphlets and cards of all kinds. It is surprising to see what a pretty and useful collection may be made from such sources. My book has a "Renown" department also, being composed of pictures of authors, artists, statesmen, inventors, musicians, etc. The child is first familiarized with the names and faces of these men and women, and then told short stories of their home life, striking characteristics, special work, etc. In this way a familiar knowledge of them is obtained, and as the child grows older he will have a desire to read the books and to know more of the persons he was familiar with in childhood.

Cleveland, O. E. S. M.

A Picture Medley.

DO you not think I may be entitled to a voice in BABYHOOD, as I am the happy, though often weary, mother of three little boys, the eldest three-and-a-half years and the youngest three months old?

For several weeks past I have been shut in with my two older children, who were passing through a mild form of scarlatina. They were scarcely ill at all after the first week, so I was forced to set my wits to work to find amusement for the active little minds, that the four weeks of imprisonment might not be too galling. An idea occurred to me which not only amused little Ted and Hal, but was a relief to my own mind, wearied with the monotony of rehearsing favorite stories and playing baby games. Because of the contagious character of the disease, I did not care to have any toys of value in the rooms. Perhaps some other mother may gain a hint from my experience for the weary days of Baby's convalescence.

My babies are very fond of pictures, and the advertising sheets of back numbers of my *Scribner* and *Home Maker*, as well as the daily and weekly papers, furnished material for our new pastime. On squares of cardboard of various sizes I glued little cuts to illustrate some idea, rhyme or story, such as, At the Sea Shore, Beggars are Coming to Town, House that Jack Built, Baby Show, etc. By keeping a perspective in mind, and seeking for figures that will, as far as possible, compare in size, one can produce quite complete little scenes and pretty effects. Occasionally the brush or pencil may be brought into requisition for a connecting link when search fails to disclose the desired figures. For instance, we could not find a rat for our "House that Jack Built," so were forced to create one. My little two-year-old was most pleased with a heterogeneous collection of bicycles and rolling stock generally, which we grouped about a pretty cut advertising a country hotel. The little laddie spent many happy minutes searching for pictures of "bicykeys and wadons," anything with wheels being dear to his heart. I did not keep the little fellows too long at one time over this work, but resorted to it occasionally when blocks and menageries lost their charm.

Taking advantage of the hint in Dr. Yale's article on ventilation, in regard to the open fireplace as an escape for foul air, I gathered the torn papers and scraps from the day's playground and made a bright little blaze every evening. My little Edwin has a vivid imagination and he sees many things in the embers. When a flame leaps suddenly from a black spot, he asks, "What is that opening its mouth?"

As five o'cock approaches my little patients begin to call for supper, and after that for their bon fire, and by six o'clock they are well on their way to Nod Land. L.

Brooklyn.

Sand in the Nursery.

DURING last summer, two little boys might have been seen day after day amusing themselves for an hour or two of every morning in what seemed to me a very original manner. Some laborers, working on the road, not far from our country home, made the little ones happy by filling their express wagon with sand. This they emptied on a small porch at the back of the house, known as "the children's porch."

Instead of proceeding in the usual manner of children to make mud pies, I was very much surprised when they called me to come and look at their "park," to see how tastefully they had laid out roads and flower beds, in imitation of a park. They improved upon this day after day, until, at the end of the summer, they had cultivated quite an eye for color and considerable taste for designing. Five cents' worth of sand (white sand is best) procured at your grocer's, and a few flowers taken from old summer bonnets, will do like service in the nursery at any season of the year.

Of this sand may also be made a very interesting kindergarten lesson. The two little boys of whom I speak look forward with the greatest of pleasure to their weekly lesson in "practical geography." A large sheet of stiff brown paper is laid upon the nursery floor, and upon this the sand—the former representing water; the latter, land. Small building blocks are used to represent mountains. In this manner they have learned to lay out the western hemisphere; have become familiar with its continents, oceans, etc.; have learned the names and situation of its principal mountain ranges, rivers, lakes, etc. Before proceeding with the eastern hemisphere, they are busily occupied studying Manhattan Island—their own home—and its surroundings.

Thus they spend many happy hours, unconsciously laying in a store of valuable knowledge for the future. B. G.

New York City.

OUGHT TO KNOW.

BY ALICE E. GETCHELL.

A YOUNG wife ought to know that she is a possible, even probable, mother, and consequently should so order her life that when her kingdom comes it may prove a joy and blessing to her. It is a sad comment on the civilization of this age, that the advent of the first baby too often proves the inauguration of a series of diseases resulting in a nervous, irritable mother of a peevish, ailing child.

A young mother ought to know that monthly nurses are not infallible, and therefore her own common sense must to some extent control and modify the nurse's treatment of Baby.

That discipline should begin within twenty-four hours of his birth ; regular hours for feeding, sleeping and bathing being absolutely essential to his welfare as well as for her own peace and comfort.

That frequent and unnecessary handling is positively injurious during the early days of his existence ; a baby, like a kitten or any other young animal, being all the better off for a little wholesome neglect.

That he should sleep by himself.

That catnip tea, soothing syrups, patent cough mixtures, rubber diapers, and bottles with tubes are abominations in the sight of a wise mother and should have no place in the nursery.

That linen diapers are less harsh to the sensitive skin of an infant than cotton, unless the latter are very old. Cotton is often advocated in preference to linen upon the ground that it is not so cold when wet, but a wet diaper is a cold diaper of whatever material it may be, and should not be allowed to remain on the child for a moment.

That prolonged and excessive crying may sometimes cause rupture of the navel in a young infant. In such case a physician should be at once consulted, as navel rupture is readily controlled during infancy. It is less easily managed in later childhood, and incurable in adult age.

That long trailing robes on an infant are cruel and absurd. He should be warmly but lightly dressed in clothes reaching not more than a quarter of a yard beyond his feet.

That his skirts should hang from the shoulders, and fasten with small flat buttons up the back. It is much easier to dress a very young baby in garments that fasten behind.

That an excellent way to keep an infant's hands warm in cold nights is to make him a flannel night-gown *without* sleeves or armholes, open all the way down the front—for convenience in changing—and closed with buttons and button-holes. His little hands can have plenty of freedom beneath the gown without possibility of getting from under cover.

That he is not hungry every time he cries ; often he is thirsty, and a few drops of water will quiet him.

That sameness of food, not variety, is required by a young baby.

That until he cuts his first teeth starchy food is apt to cause flatulence and even convulsions, and that cookies and cake of all kinds are rank poison to him.

That aperients are poor expedients for the regulation of a child's bowels, as they encourage a costive habit and render him liable to take cold.

That it is an excellent plan to lay Baby on his back on the bed, unpin his diaper, and let him kick a while every day for exercise.

That a little vaseline rubbed on his nose and chest is a simple but efficacious remedy for slight colds and coughs.

That a chill or a fever is a serious symptom and requires the immediate attention of a physician.

That, if Baby has some slight ailment, he is not necessarily going to die at once. That the millions of adults now on earth have survived the trials of teething and run the gauntlet of all the ills that befall childhood and youth, and consequently that she should have courage to believe that her child stands a fairly good chance of reaching maturity.

And finally, that the cross, over-fed, over-dressed offspring of a vain, fussy mother is never attractive, while a clean, wholesome, happy baby is always beautiful and a well-spring of joy to all who behold him.

DRESSING THE BABY AFTER SIX MONTHS.

BY BESSIE ROYCE SPRING.

THE age at which Baby undergoes the process known as "shortening" depends upon various circumstances, the season of the year being the most important. As a rule, it is unsafe to subject a baby to so radical a change of dress during severe weather, even though he may have arrived at the age of six months, the canonical short clothes period. A baby born in mid-winter or early spring can be safely "short-coated" as soon as warm weather has fairly begun, and one born during the summer months could undergo the change before the beginning of cold weather, without waiting to attain the standard age of six months; but an autumn baby presents a problem somewhat more difficult. If his days are spent in a house exceptionally well warmed, and his short clothes are so wisely chosen that he suffers no difference in warmth by the change, then there need be no fear in leaving off long clothes at any time during the winter. If, however, there is any doubt in the mother's mind as to the safety of such a course, it is "better to be safe than sorry," and to wait till warm weather, even though Baby's active little feet may be kicking his skirts into shreds.

Having settled upon the proper time for making the change, the mother's next care must be to provide short clothes. If she be a woman who takes short views of life and does not regard the future, she will do this by cutting off the long clothes to a suitable length; by the time she has done congratulating herself on her good management in thus saving labor and material, she will find that her baby has outgrown the waists of his long-short dresses, and that most of his things will need a good deal of altering if they are to continue in use. Probably by the time she has done all that is required she will decide that her plan for providing short clothes was not as economical as it appeared at first, and if a few years later she finds herself called upon to furnish another outfit of long clothes for a second baby, she will be ready to tear her hair over her own short-sightedness. Unless a mother has good reason to know that her first baby will also be her last, her wisest policy will be to put away all the long clothes intact and to provide new short clothes. This is homely advice, but time has so often proved the wisdom of it that it may, perhaps, be excused.

The Band.

If Baby has worn a band until the age of six months, his mother will probably wish to continue its use through the period of teething, and it will, therefore, form a part of the short clothes outfit. The band of Jaeger stockinet described in a former article (which appeared in BABYHOOD for November, 1891) will still be found the best and most serviceable, and for an older baby's use will be decidedly better if made of the natural wool color instead of white, because of showing stains less readily. As the baby begins to stand on his feet, the band, if worn as loosely as it should be, will tend to slip down, and must be kept in place; this will be better done by pinning to the shirt front and back than by the use of straps over the shoulders; shoulder-straps are entirely unobjectionable, but necessitate undressing the child in order to remove the band in case of accidental soiling.

The Shirt.

As a detailed description of the method of making infants' shirts was given in the article above referred to, it will not be necessary to repeat it here, as a six months baby will wear the same shirt as at first, the only difference being one of size. The thin mull shirt may now be left off, unless Baby's skin should continue to be too much irritated by contact with a woolen garment.

As no change to a thinner garment is allowable in cold weather, only one weight of shirt need be

provided for winter use, and that fairly heavy. In summer the case is different, and at least three grades of shirts are required to keep Baby comfortable, especially if he is so fortunate as to spend the hot weather in the mountains or at the seashore, where extremes of temperature are greater than in other places. In order to meet these changes of the mercury a thoughtful mother will provide her baby with little shirts of cotton gauze or India silk for wear in hottest weather, and for general use other shirts of light weight woolen stockinet are desirable and necessary; in addition to these thin and medium shirts, it is well to keep conveniently at hand, even during hot weather, the warm shirts which were worn during the winter.

At mountain and seaside resorts the nights and mornings are generally cool, and there are occasional stormy days which bring the mercury down far below summer heat and render warm clothing once more comfortable. Babies are very sensitive to changes of the weather, and too much pains cannot be taken to secure them against evil results from the same; one of the best ways of doing this is by frequent changes of clothing according as the thermometer rises or falls; and though this may sometimes necessitate extra work in changing a child's clothing several times a day, it will be found the only safe way and easier in the end than nursing a child who has been made ill by undue exposure.

Mothers who wish to economize in providing shirts for their older babies will find that they can use to advantage any undervests of good quality which have been discarded by the older members of the household as too much worn for their use. While the waist and sleeves of such garments are worn out, the lower part will often be quite good, and if made up into a baby's shirt, will generally wear until outgrown.

The Underwaist.

With the advent of short clothes the underwaist assumes an important place, for to it must be attached the skirts, drawers and stockings. Its construction is quite simple, and any dealer in paper patterns can furnish a good pattern. On a properly constructed waist, the number of buttons is legion, but each has its special use; they are set in two rows around the waist line, the upper rows to support the skirts, the lower row the drawers and stockings. The material of which the waists are made should be of muslin of medium weight, not corset jean or drilling, as these are too warm and heavy, and the muslin is quite durable enough for babies' wear. Three or four waists will be found a sufficient number.

Diaper Drawers.

I always have a feeling of pity for a creeping or walking baby whose movements are hampered by a clumsy diaper. If a child is educated to tidy habits by the use of a nursery chair, or some other convenience, as soon as he can sit alone, the diaper can be entirely dispensed with as soon as short clothes are worn, except for night wear and the special emergencies of sickness and travel. When I was preparing to put my first baby into short clothes, I gave much thought to the diaper question. I disliked the idea of the warm, heavy diaper during hot weather, and at any season of the year I dreaded the idea of contending with an article of clothing so likely to part company with its wearer at the most inopportune times and places. Although Baby's habits were quite good, he was still too young to be entirely depended upon, and I felt that a certain amount of protection was needed. I decided to use muslin diaper drawers, but they alone would not be sufficient; so my alternatives were to use a diaper inside the drawers or to think of something better. I effected a compromise between the diaper and the drawers in the following simple way: The ordinary muslin diaper drawers were made, but inside them I set a pocket running down to the middle point in front, and up to within about two inches of the waistband. The top of the pocket was hemmed and left free, while the sides were stitched down to the drawers. Into this pocket was slipped a diaper folded to fit it, and my problem was solved in a fairly satisfactory way. I provided three dozen pairs of drawers and found them not too many, as, of course, drawers as well as folded diaper had to be removed when wet or soiled.

These "patent drawers," as my friends sometimes call them, have their advantages and disadvantages, which in justice to my readers I will state. The chief, and in fact the only disadvantage is, that in case of wetting or soiling, they do not protect the clothing as well as a thick folded diaper; the advantages are coolness, the perfect freedom of motion allowed, and the ease with which they can be opened to permit of the child's being put upon the chair, which is itself a great aid to forming cleanly habits.

Underdrawers.

If an adult were to spend the greater part of a winter day sitting or lying on the floor of even a well warmed room, the chances would be greatly in favor of his contracting a severe cold. When we reflect that little children, three feet or less in stature, spend their days in the lower stratum of cold air which lies upon the floor, the wonder is not that they are sometimes sick, but that they are ever otherwise. When we further reflect that their clothing is often quite insufficient, especially from the waist down, the wonder still further increases.

In addition to long woolen stockings reaching above the knee, Baby should wear knitted underdrawers similar to those worn by grown-ups. Any mother can readily make these, either out of the partly worn garments of some older member of the family, or better still, of the same warm Jaeger stockinet used for Baby's winter shirts. Each leg should be separate. Fold the stockinet lengthwise; join by a seam, following the directions given in my previous article for making a "regular" seam. Bind the free edge of the upper part of the leg with silk flannel binding, turn down a half-inch hem at the top, and sew on three loops of narrow tape, which are to fasten on to three buttons set on the lower edge of the underwaist at the sides. The lower part of the leg should be finished with ribbed webbing, such as is seen on ready-made garments. It is furnished by the Jaeger Co. for such purposes, but a skillful mother could readily knit it as she would a ribbed wristlet.

Stockings.

Not many summers ago I drove to the beach one morning with a young mother of my acquaintance, whose two children, rather thin and delicate looking little girls of eight and ten, were with her. The mother's health was carefully guarded by her friends because of a tendency to lung trouble, but both the mother and her husband thought to insure their children against this evil by a process of "hardening." The little girls' arms were bare, and their legs from the knee down were protected only by short socks, which were constantly disappearing inside of their shoes. It was a summer morning, but the sea breeze was fresh and cool, and I could not help thinking that such unwise exposure could result in anything but hardening its victims. The short socks which display Baby's plump legs and knees are undoubtedly a pretty fashion, but so were the short-sleeved and low-necked dresses which few now hesitate to condemn. The knee is both sensitive to exposure and liable to injury, and who can tell but that the "growing pains" of a few years later, whose graver name is rheumatism, may have had their origin in the days when the child wore socks, and the leg and knee were unprotected?

Both prudence and common sense would dictate that a child's legs, from the time he dons short clothes till the age of two years at least, should be clad in long stockings; woolen ones are best, drawn about the knee, or held in place by little elastic stocking supporters. These supporters can be made of half-inch elastic braid, sewed permanently to the stocking, and fastened by loops of tape to buttons sewed on the underwaists. Woolen stockings for summer wear should be of as light a weight as possible, while those chosen for winter should of course be heavier. A cheap grade of stocking is never good economy if it can be avoided, as such stockings shrink and fade more than those of good quality and last but a short time, owing to the hard usage they receive.

Black is a color now generally worn by children of all ages, but the "natural" wool shades, both light and dark, are pretty, harmonize well with dresses of all colors, and cannot fade. Whatever color of stocking is selected, care should be taken that the color is absolutely "fast," as some dye stuffs are injurious to a baby's tender skin.

Shoes.

"How shall we shoe the baby?" is a question which naturally arises as soon as he puts on stockings. The plan generally pursued is to place on the baby's foot a stiff-soled little shoe, probably incorrect in shape, though of pretty material and finish. In such shoes he begins his struggle for a footing in life, which he finally gains, though not as soon as he would had his clinging little toes been left to aid him, unhampered by the bondage of a shoe.

A pretty and sensible fashion which has come up during the past few years is the use of moccasins as a first shoe. These are made of chamois, felt or kid, bound with bright ribbons or braid, and ornamented with fancy stitches in any way that taste may suggest. They are best if made to lace well above the ankle, as they keep in place better than if cut low. This foot-gear is warm and very pretty, and does not cramp the toes or interfere with Baby's first efforts to crawl or

walk. The only serious objection to moccasins is the difficulty of keeping them on the feet of an active child after he begins to crawl, and this in time leads the mother to discard them in favor of the shoe, faulty as it is.

The sole of a baby's bare foot is not unlike a wedge in shape, the broad part being at the toes, while the shoe meant for his use is too often either narrower at the toes than at the heel, or else of about equal width. The perfect shoe has not yet been evolved for either infants or adults, notwithstanding advertisements to the contrary, but there are degrees even of badness. The ideal shoe should conform as nearly as possible to the shape of the foot, and be neither too loose nor too tight. In particular, it should be amply wide across the great-toe joint, and allow the toes room to spread out, instead of being pressed tightly together. Mothers should see that the baby's shoe is correct in this respect and that it is also long enough to extend slightly beyond the toes in order to allow freedom of motion and room for growth. Having secured these essential points, she can probably do little more toward attaining the perfect shoe until the shoemaker has reformed his views regarding the shape of a baby's foot.

Skirts.

About one dozen white skirts and four flannel skirts are a sufficient number to provide for a short-clothes outfit. The white skirts may be of muslin, cambric or nainsook, according to the degree of fineness desired. The flannel skirts, if for winter use, should be of moderately heavy flannel, and if for summer wear, of gauze flannel, with one heavy one for cool days. As both cotton and flannel skirts are very conspicuous under a short dress, they will repay a certain amount of care in their ornamentation, provided the mother does not overtax both strength and purse in its attainment. In any case, elaborate and heavy trimmings should be avoided on such tiny garments and only narrow edgings and small tucks be employed, or any equally light and delicate trimming.

For winter wear a garment which adds much to the warmth of baby's attire is a princesse slip of cotton flannel worn next to the dress; in that case the muslin skirt should be dispensed with, and only the flannel skirt worn under the slip. From four to six slips will be found sufficient.

Dresses.

Formerly it was the fashion to dress children exclusively in white until two years of age; but of late colored dresses have gained in favor for little tots, and they are very pretty and sensible for morning wear, reserving white for the afternoon. Daintiest but most expensive of the colored dresses are chambrays in plain colors, pink, blue and buff, these goods costing about forty cents a yard. Almost as pretty and far less expensive are ginghams in small checks or stripes and of all desirable colors; these cost about twenty-five cents for a fairly good quality.

In making all gingham dresses allowance should be made for a considerable degree of shrinkage, the liability to shrink being in direct proportion to the quality of the goods, the finer grades shrinking least; this can be done by making the dress waists amply loose and long, by putting deep hems on the skirts, and by making the sleeves nearly two inches longer than desired, and then running a tuck by hand around the sleeves till the time comes to let them down. All hems intended to be let down should be hemmed *by hand*, as machine stitching is difficult to take out, cuts the cloth, and always leaves its mark. If wash dresses are meant to do service for a considerable time, it will be found a good plan in buying the goods to allow to each dress pattern at least a yard over and above that required at first; these extra "yards" should be laid aside to meet the demands for alterations which are sure to come in time, and if of colored goods, should be laundered occasionally with the regular wash, that they may be equally faded and shrunken with the dresses they are intended to repair. It is also well to save any remnants of braid or embroidery which may have been left over from trimming the dresses, as they are almost sure to be wanted in time for alterations, and may be impossible to match.

China silks of white, pink, blue and other delicate shades have come into favor for babies' wear, and are pretty if so simply and daintily made as to avoid a "dressy" appearance. They are specially cool and comfortable for summer wear, but are scarcely desirable for winter use, unless supplemented by extra warm underclothing.

After "Toddles" begins to run around quite freely, and has developed a prankish and inquisitive spirit, his cotton dresses become a source of danger to him if he lives in a house with open fires, grates or stoves. Safest and best then for his winter wear are dresses of flannel or cash-

mere, which may be as pretty and dainty as those worn during the summer. The colors are most serviceable if neither too light nor too dark, and for ordinary use small checks or stripes, or mixtures, show hard usage less than plain colors. Plain colors can be reserved for best, while for state occasions white cashmere with delicate embroidery or stitching for trimming would make a dress good enough even for His Majesty of Spain.

Those mothers who are blest with a first-born son often show some anxiety at the end of the first year of their boy's life on the subject of his dress during the second year. They naturally do not wish the dear little son to look like a girl, and are anxious to know when and where the line of separation begins. For the benefit of such mothers let it be briefly stated that during the first two years of life there need be absolutely no difference between the dress of boys or girls, except in the matter of headgear. After he is a year old the "coming man" may wear little lace or muslin turban-shaped caps instead of the bonnet-shaped caps of the sister woman, but that must be the only insignia of his order till the day of kilts or trousers arrives.

The mother who is obliged, to practice a considerable degree of economy will find it a wise plan in buying her own wash gowns or plainer stuff gowns to choose such colors and patterns as will make over well into children's clothes when she has done using them. The colors and patterns need be none the less suitable and becoming to her because she has an eye to the children's future, and such foresight need only apply to her plainer gowns, her best being probably of such materials as would be unsuitable for children's wear. By taking a little forethought she can thus avoid the not unusual sight of children arrayed in the made-over garments of their elders which are quite unsuited to them, and therefore most unbecoming. One of the unpleasant memories of my own childhood is of a brown and white plaid dress of large pattern which a kind (?) relative bestowed upon me, and in which my small person must have looked rather absurd; almost every grown-up person can recall a similar experience, which goes to prove that children are much more sensitive to absurdities of dress than their elders are apt to suppose.

Aprons.

The genesis of the apron is the "creeper." This is really a little pinafore tied on over the baby's first dresses to protect them during his creeping days. As the term of their use is not long, Baby, as a rule, soon getting on to his feet, the "creeper" should be of some inexpensive stuff and made as plainly as possible; cheese cloth is a good material for the purpose, being fairly strong and very cheap. They should be cut with a circular skirt long enough to cover the dress, and with a bib-shaped piece extending from the waist to the throat, and fastening behind the neck like a collar. As the baby grows old enough to wear the regulation apron, or pinafore, over his dresses, this useful garment can be made in many dainty and attractive ways. Plaid muslin in small checks is probably the best material for the purpose, and the prettiest trimming is a deep-falling frill of embroidery around the neck like a collarette, the rest of the apron being plainly finished. A dozen or sixteen aprons is a good allowance, if the baby is fairly tidy in his habits. Sixteen allows one clean apron a day and one extra each week for accidents.

Coats.

Coats meant for little children's winter wear should combine lightness and warmth in as high a degree as possible. The material which at present meets this demand most fully is eider-down flannel, a fabric so long and favorably known as to need no special description. In addition to the plain colors, pink, blue, red, tan and white, it can now be had in pretty dashes of color on a plain ground, giving a novel and stylish effect.

Fur is such an attractive and becoming trimming for winter coats that it seems hard to condemn it, unsanitary as it sometimes is when used for little folks. The objections to its use are the poisonous materials employed in curing and dressing the pelts and the superior warmth of fur over other wrappings, and consequently the liability to colds which it is apt to produce in its wearers. If used at all for babies' wraps, it should be done sparingly, and in such a way as to be purely ornamental, suggesting the idea of warmth without really giving it. This can be done by using narrow bands of fur around the skirt, wrists and cape, if there be one, but putting none about the neck.

For summer wear Baby should possess at least two coats, one thin and another moderately heavy, so that he may be prepared to meet the changes of temperature which are often quite sudden during hot weather. The thin coat may be of cashmere or some equally light material,

while a heavy flannel will answer for the second coat. White coats are pretty but show soil easily, though on the other hand they wash better than colored ones. If white is the color decided upon, two of the thin coats should be provided to allow of a change in washing ; but as the thicker coat will be less used, one will probably be sufficient.

Headgear.

A becoming cap can make even a plain baby almost pretty, and can increase the beauty of one who is already pretty. The prime object of a head covering is warmth in winter, coolness in summer, and the needful degree of protection at all times. A winter hood for a child under three years of age should be warm, fit closely, and cover well the ears and back of the neck. Nothing better and more snug than the "three piece" hood has yet been devised, and it is a shape generally becoming to baby faces. Winter caps for little tots are often charming when made of the same material as the coat.

Summer caps should be cool and light and as fresh and dainty as a mother's care can make them. It is not always easy to secure this delicate freshness, as Baby is often reckless in his treatment of his head coverings ; and caps, even the plainest, are quite expensive if bought ready made. With a yard of fine nainsook, two or three yards of bobinet baby bonnet ruching, the same quantity of narrow pleated lace ruching for edging baby caps, a piece of white "baby" ribbon for rosettes, and any odds and ends of lace and embroidery already on hand, an ingenious mother can make enough caps to keep her darling spick and span during a whole summer. The shop windows will furnish suggestions as to styles, and even the illustrated catalogues now issued by many leading dry goods houses contain plates of baby caps which may furnish useful hints. Little sun-bonnets make quaint and pretty head coverings, and are often as charming as a picture ; they are sensible as well as pretty, since they afford a fair amount of protection to the eyes from the glare of the summer sun. Wide-brimmed hats are to be commended for the same reason, if not worn too far back on the head to be any protection.

Shading the eyes of young children from the sun is a subject deserving of greater consideration from mothers than it receives, and we constantly see a baby's eyes exposed to a glaring light in a way that adults would consider most hurtful if they were themselves the victims.

WHAT WE WOULD DO WITH HIM.

A LARGE number of replies have been received to the question asked in BABYHOOD for March as to what methods of training should be adopted for the boy denominated "Edward." As it is impracticable to print all the letters received, we must content ourselves with extracts from a few representative ones, which follow :

He is like Other "Human Boys."

—The article "What Shall be Done With Him?" touched a chord which set my nature vibrating, and the thoughts and memories which it awakened may, perhaps, prove helpful to other parents as well as Edward's. When I first knew the boy that I propose to tell about, my knowledge of human nature was very limited, and what seemed wonderful to me then now seems only natural. He was an only child, nine years old. Let us call him Jamie. Although he did not have a vicious nature, he had been thrown in with bad boys at a district school and learned to swear. Every device known to his parents was used in their endeavors to break him of such a terrible habit. All efforts were alike ineffectual. One day, the father became desperate and used a very severe punishment—putting red pepper on his tongue. But it was not long after that the old plea, "I didn't think," was urged. "What am I going to do with you, my son?" said his father, calling Jamie to him. "I don't know, unless you give me some more pepper." This was a sample of the success attending their efforts. Like Edward, Jamie ruined his clothes, and though I do not recall his memory as being particularly defective, yet he certainly usually "forgot" to do what was *right*. He was bright, active, quick to grasp an idea, yet perverse about being shown a

thing, very affectionate, and, the neighbors would have added, very bad.

I saw him one summer at the shore, where he was spending some time with his parents. In the same cottage was a married lady who showed him considerable attention, affection even, I might say. One day he told, with positive radiance, that Mrs. G. didn't think he was a bad boy, and she liked him, adding, "and I mean she shall." Whatever she asked him to do he did most cheerfully and gladly. As his mother expressed it, "he was another boy." Although Jamie was under this influence but a short time, yet it was long enough to convince all who saw him how his problem might be solved, by placing him under the influence of one who "thinketh no evil."

Transplant Him.

We are just beginning to appreciate the amount of influence our even silent thoughts have upon all about us, and especially upon the plastic mind of a child. Perhaps Edward feels when reminded "sharply" that he has "disobeyed again," that it was no more than was expected of him. It is no fault of his parents that they have been led to expect these things, yet the fact remains that they do have such anticipations. This is another fact: all persons, consciously or unconsciously, exert themselves to reach as high a standard as those for whom they care and with whom they associate hold for them.

Transplanting is a great benefit to plants and often that is the remedy needed in cases like Edward's. Talking to him will prove about as useless, I imagine, as would that treatment with a plant of peculiar development. If he lives in the city, why not send him into the country for a season, where, if possible, he can be under the influence of a kind and loving relative or friend who would give him to understand from the first that they expected good things of him?

We would suggest that the plan of "natural consequences" should always be used in punishing him. Do not use corporal punishment, thereby running the risk of making him deceptive. It is a natural law, inborn, that leads a child to lie, as a means of self-protection, to save himself from a whipping. When he loses his things, instead of replacing them, let him go without them. Give him some animal that he is fond of to take care of, and if he is kind-hearted he will not let the animal suffer for want of care. His lack of interest in boys' sports is no peculiar thing. Many children who are fond of "musing" would always prefer to be left quietly to themselves.

The Punishment to Fit the Crime.

The longer I think of Edward the more my heart warms toward him, and I feel sure that he will "come out all right." Love, patience and long-suffering will do their perfect work. He may be another Newton, who, you know, did not think he could move away from the fire when he was too warm, but asked his servant to move the fire. God bless the boy; let us hear more of him.—*J. W. A., Conn.*

—The mother of that "What-shall-be-done-with-him" boy has a hard task. I want to suggest to her two good things for him. As well as I can judge, from the article in the March number, of the needs of the boy, I would advise putting him into a good manual training school, and also teaching him some branch of natural science. This branch would not imply the care of any live animal or plant, because he could not be depended upon to give them regular attention; but it might be ornithology, entomology, or some other branch that he could acquire an interest in, according to his own tastes.—*Alice L. Park.*

Try a Manual Training School.

And a Light Science Study.

—Edward's case is certainly a very interesting one. Here is a boy with no other fault than a general carelessness with regard to his clothes and other belongings and an utter indifference to the thoughts and feelings of other people. "He has been punished in every way that the minds of his elders could devise short of absolute cruelty." It is gratifying to know that they stopped short of "absolute cruelty," by which I suppose they mean bodily cruelty; but there is often more cruel torture to the mind in an ingeniously devised punishment of a milder sort, than to the body in the lash, and if the stern "Edward, you have disobeyed me again," has been the key-note of parental discipline, it is altogether probable that there has been more or less nagging and impatience and unfavorable comparison with other boys, all of which would have a tendency to confirm him in his fault and harden him against proper instruction and reproof.

Different Kinds of Cruelty.

Now, since this course of treatment has confessedly proved a failure, why not try a different one? It is quite plain that he is not to be *driven*

into better ways; why not try leading him, by indirect methods at first, if he is too confirmed in his habits to be directly led? Make him feel that he is loved in spite of his faults; cease talking about them altogether for a little while. "His mother is interested in psychological research." Suppose she make a study of the mind and character of her own boy, to find out the hidden cause of the evil. She can at least discover what would interest him (since a boy with so large a fund of general information must be capable of being interested in something), and when an interest is once awakened, she can encourage him in every possible way. Give him freedom and indulgence to develop in any useful direction. Take the pretty things out of his room and let him turn it into a work shop or a laboratory if he desires. Show him how to make a boat that will sail or a kite that will fly, or anything else that he shows a desire or even a willingness to do. He is fond of hearing other people read. Suppose his mother spend a short time each day in reading in turn with him some favorite book and talking over it in an instructive and interesting way, and his father may devote a part of every evening in reviewing with him the events of the day and making plans for the morrow. There is no better way to turn a boy in the right direction and keep him there, than for his parents together to go over with him in detail the events of each day, and advise and counsel and encourage him, as the case may require. In this way they may gain and keep his confidence, and make him feel that they have a live and loving interest in him.

Study his Tastes.

Edward is not lazy, "for he will walk miles and miles with an older person." Why not take him out of school, where he perhaps stands unfavorably in comparison with other boys, and give him a private tutor for a while, some one of wisdom and judgment who can make the lesson hour interesting and can take him on long tramps in the country, opening up the book of nature to him, teaching him to observe keenly, and quickening his interest in all things around?

The boy evidently needs an object in life. When this want is supplied he will cease to throw mud at other people's windows.—*H. E. H.*

—Edward's friends should by no means despair of him. By all accounts, he is far from being an ordinary boy. The thoughtful mind of the higher type, such as Edward's mother probably possesses, judging from her tastes, is never a mind which shows off in childhood. The consciousness dwells in the upper story, so to speak, and the mind, having as yet acquired no routine habits as to the common concerns of life, stumbles darkly among them. Such children are never deemed "smart," they do not keep a clear enough hold on what occurs about them to be prompt and quick.

He is better than "smart."

It is not unlikely that his mother may have a degree of abstraction sufficient to prevent her reminding Edward every time he comes in to hang his hat in a certain place. Constant and reiterated attention only will engraft habits on such a child which may in time become fixed.

The disability to excel in active sports would not be a matter of concern to me. It is the fashion nowadays to wish to see one's sons "out-door boys." I have seen a mother nag her boy because his tastes were not the same as other boys' and because he preferred reading to constant out-door sports. I could see no reason for it so long as he was undeniably robust and took sufficient exercise in the open air. The child's tastes could not be changed. Play cannot be prescribed. It would probably be an advantage to Edward if he could have some steady duties which involved out-of-door exercise, and could be held strictly to them. It would tend to render him more practical and less indolent, for indolence is in a measure a matter of habit. Many of the most successful business men were country boys who had the daily round of "chores" to do when they were young. They thus early acquired a habit of application to disagreeable duties which has stood them in good stead.

Play Cannot be Forced.

The happy disposition is perhaps a boon which only those can appreciate who are easily cast down by censure. Edward's frankness also is charming, and his mother would appreciate this quality more readily if she had ever had the difficult task of dealing with a child prone to underhand ways.

We All Live in Glass Houses.

Perhaps none of us sufficiently appreciate the fact that we had very trying faults during our own childhood. Most people have a delightfully indistinct recollection of their own personality at this age, and it is not uncommon to hear older people inveigh against the very faults of which they were guilty in their own infancy.

The failings of childhood are far too apt to be

measured by the inconvenience they cause rather than by their root in certain more or less undesirable qualities of human nature. The loss of a hat, like the breaking of a valuable article, disturbs so greatly the smooth course of events, that it occasions more outcry than a far more heinous offense. Too much training can-

Relative Importance of Faults.

not be expended on a child's habits, but it is too apt with all of us to be somewhat spasmodic, for it is impossible for a mother to keep her mind constantly fixed on such topics when the other concerns of life demand her attention. —*Elizabeth Eggleston Seelye, Joshua's Rock, N. Y.*

—It is not unusual for children to be thoughtless and careless almost beyond the point of endurance. Disorder and inattention are exasperating, but the equanimity with which this child bears deprivations brands him as a youthful philosopher. A boy's life is a series of stages from infancy to manhood. At the age of six or seven he may be a little dandy in dress and manners, he likes fresh waists, collars, cuffs, and clean pocket handkerchiefs. At eight he is usually a little savage, so far as personal cleanliness is concerned; when his mother piously interferes, and insists that he wash himself, he invariably exclaims,

In Process of Evolution.

"Wash! Wash! Wash! All the time! What's the use? Get all dirt again." Usually it is this way, with variations innumerable, until the neck-tie period, when soap, combs, pomades and perfumery are in great demand. But do not imagine that the average boy stops only at these three places; he manages to keep either his mother or sister, or his girl, and usually his tailor, in hot water for a reasonable length of time, and the result is that at manhood he has passed through a series of metamorphoses unequaled in the insect world.

It may be a sort of intellectual fermentation; whatever purpose it serves, all boys have these successive periods of transformation. It is as much a part in their evolution as the process of cutting teeth. I am free to acknowledge that babies who cut their teeth easily are the pleasantest to live with, but the tendency to make hard work of it prevails to an alarming extent. We love the babies just the same, however, and so we do the boys, though the progress of their evolution is generally difficult. It is obvious that Edward has a few troublesome peculiarities, but there is nothing vicious or low in his character, as is clearly shown by his ready apology to the old gentleman —who must, it would seem, know something about boys. His faults seem rather like the absent-mindedness of an individual whose mind has developed extraordinarily in certain directions, and not been aroused to the necessity of attending to the little things. We forget sometimes to what a quantity of things children are expected to give their attention. As he grows older, very likely his excellent reasoning powers will lead him to see how much time is consumed and inconvenience caused by these unfortunate habits, and he will then bring his philosophy to bear on this point, as he now does in his punishments, and correct himself. One must remember that a child at the age of nine years, who can be entertained by the "Midsummer Night's Dream" and the other works mentioned, is in advance of the average child.

There is good reason why he appears too indolent to read for himself. Very likely it is not indolence at all, but his own appreciation of the fact that he understands these books better when they are well read. I have in

Perhaps a Mistaken Diagnosis.

mind a similar case of a child who was inordinately fond of history, but could not read it for himself well enough to enjoy it. When compelled to read, he too chose Grimm's Fairy Tales, or the story of the Black Prince. But it was not because he was indolent. A beginner in music might as well try to execute the work of Mozart, as a child to read the books alluded to in the article mentioned—yet the beginner may enjoy listening to Mozart's music.

It is not of the slightest use to attempt to control the child by fines. If he has total disregard for money value, it will be one of the hardest lessons to inculate, especially if the family do not themselves practice rigid economy.

It is probable that the mother has thought of every appeal that would be likely to secure attention. He is a loyal little fellow, and so long as his faults are not vices the home people will be doing their best if they pro-

Send Him to a Military Academy.

vide him with good teachers. Private lessons would be better for him than the public school, and then when he is twelve or fourteen, if his faults of inattention and disorder are not corrected, there is no better place for him than a military academy, if his constitution is strong enough to warrant the discipline. There systematic order and attention are enforced, and

after four years of training it would be strange indeed if his careless habits were not mended.—*Floy L. Wright, Geneva, O.*

—It is a trite saying, but as true as old, that the cobbler's wife goes without shoes. Edward's despairing mamma is interested in psychological research, yet fails to understand her boy. Other parents have likewise misunderstood the individuality, the peculiarities of this or that child. But the child complained of was neither the laggard nor the *non compos mentis* his parents deemed him. Let me cite a few instances in illustration.

The father of Linnæus was quite discouraged because his son made no progress in his routine studies. He wished to make a preacher of him—but his efforts were in vain. James Watt was considered dull and backward for his age; he shone as little on the play-ground as in the school-room. His aunt one day said to him, "I never saw such an idle boy as you are! Take a book and employ yourself usefully; for the last hour you have not spoken a word, but have taken off the lid of that kettle and put it on again, holding now a spoon and now a cup over the steam, watching how it rises from the spout, catching and counting the drops. Are you not ashamed of spending your time in that way?"

Boyhoods of Great Men.

Darwin, in the short autobiography given in his "Life and Letters," says: "I had a strong taste for long, solitary walks, as a very young boy. * * I often became quite absorbed, and once while returning from school on the summit of the old fortifications round Shrewsbury, which had been converted into a wall, I *walked off* and fell to the ground, a distance of seven or eight feet. * * My father once said to me, 'You care for nothing but shooting, dogs and rat-catching; you will be a disgrace to yourself and to your family.'"

Audubon was denominated a fool by his friends.

The list might be increased *ad libitum*. If such distinguished personages were discouraging subjects in childhood, mothers of average children may surely be hopeful.

There is a vast difference in the time required for the germination of seeds; the morning-glory makes quick work of it, the canna exhausts one's patience, so long does it lie sleeping in the soil. The child may be likened unto a seed, in which wondrous undeveloped potencies exist. The unfolding of the mental faculties does not proceed alike in all; lack of understanding on the part of parents or guardians leads to erroneous, unjust judgment.

It seems really a waste of energy, a casting of pearl before swine, as it were, to seek to cultivate a boy's love for the beautiful by embroidered bureau covers. As well expect his father to take delight in the unstable chair tidy. When Edward laid the heated button-hook on the artistic cloth, he was doubtless relegated to the class of human beings branded as "absent-minded," who are always said to be doing *thoughtless* things. If we simply angle about the borderland of psychology, will we not say, rather, that the so-called absent-minded person is the one whose mind is filled with thought? And who can tell but Edward was exercising his brain in a way which may eventually prove more useful to him than if he had responded to his mother's efforts by admiring the dainty stitches wrought by "his mother's own hands"?

Absent-Mindedness?

It seems from the repeated loss of slippers and other personal apparel, that a screw was loose in mamma's training when Edward was a wee, wee baby. Therefore, now, instead of punishment and chiding, let her strive to make amends, in a psychological manner; be his interested companion and friend; go with him to school—discuss recitations, amusing incidents, create an interest by an exhibition of it on her part. Go also to the gymnasium, enjoy the exercises; have a care for those slippers, see that he does just what he should with them. Be a sort of fairy godmother to him for a while. Do not reprove, nor "scold," but seek to elevate by leading away from worn out sermons on disobedience. Too frequent correction and punishment deaden the sensibilities. Remind the child daily, hourly, that he has disobeyed, and he will become as indifferent to the reminder as to the consequent punishment inflicted. Too much of even the choicest food will produce disease, instead of contributing to the building up of new tissue.—*Mrs. W. A. Kellerman, Columbus, O.*

—The article "What Shall be Done With Him?" is well written and in a sincerely inquiring spirit. Edward's parents, notwithstanding their mystification, are evidently parents above the average in tenderness and conscientiousness. Further, Edward is an interesting boy, who doubtless has in him the elements of genius. Many things are in his favor and render his training comparatively easy. So far as the description of him goes, I

The Circumstances are Auspicious.

do not find anything in his case to warrant despair. It is impossible, in a letter like this, to say in full just what course should be pursued with him, but I may make two or three observations.

First, as to his want of power to fix his attention. The trouble is that his nature is one thing, and the nature that his parents want him to have is another thing. He must be trained up in the way he should go, and that obligation of "should" is put upon him by his Creator. Some things he can attend to and some he cannot. In that he is like his parents and the rest of us.

As to his inability to "play ball and other games which absorb the little fellows in his neighborhood," his being the poorest runner, and all that sort of thing, his case is precisely like that of my own first boy. It is unusual, but not discouraging. This lack of the play idea is offset by some other quality which other boys do not have in as large share as he has. As to the psychological condition indicated by his loss of hat and clothing, that can be said of at least, I should judge, two out of three boys. It was very true of my second boy. It was not true at all of my first, and my two boys needed wholly different sorts of training.

Activity is Bred in the Bone.

The whole list of what Edward forgets to do, as given in the article, is, to my mind, not phenomenal. So, too, with the lighting of matches over his new bureau cover, and so on. Parents must learn that the whole tendency of life is toward activity; inactivity is death. Now, a child is the most alive of all human beings, and the lighting of a match with most boys is a far more natural propensity than the preservation of a fancy bureau cover. It is a grave matter to punish a child for indulging the child's natural propensity to be doing. The recognition of that propensity in childhood, and the utilizing of it, lies at the root of the kindergarten.

The rather comical catalogue of punishments, and the way in which he accepts them, is one of the proofs of the good stuff that is in him. I have known my second boy to go so far as to administer a punishment to himself in advance of my knowledge of the deed, so that when I came to him for that purpose, he was very pleasant about it, and told me he had already done that which I had threatened to do. And yet he was one of the best spirited and most promising boys (if I do say it myself) that I ever knew of. As to the question, "Is the trouble due to some mental defect?" there is no one of us that has not some mental defect, and this boy is like the rest of us in having his; but he is unlike the most of us in having faults which are not vicious, not resentful, not deceitful.

He is a Genius.

As I said before, I believe him to be a genius. I, for one, would give a good deal to have the privilege of training such a boy. Develop him. Encourage him in his strength, and do not discourage him by holding his weaknesses up to ridicule. Exercise his weak sides as far as possible, and train him in the way that his nature shows that his Creator intended that he should go. Be patient, do not be in a hurry; and with proper reverence for the boy's nature, not only in judicious direction, but even more in judicious letting alone, he will work out right. His nature is to be commanded by obeying it.—*Normand Patterson, Philadelphia.*

NURSERY PROBLEMS.

Time Suitable for Weaning.

To the Editor of BABYHOOD:

Will you kindly advise me about my little boy? He is nearly three months old, weighs about 12 pounds (more than double his weight at birth), gaining now from 8 to 10 ounces a week, and is rarely cross. He vomits, not after each nursing, perhaps twice a day, and not always directly after his meal. On rare occasions, when I was away from home too long, he was given Nestlé's Food, which agreed nicely with him, as far as I could tell; otherwise I have nursed him entirely, having a copious flow of apparently good milk. Before and during pregnancy I was troubled with malarial congestion of the spleen, suffering very much at times, and since Baby's birth I have had three comparatively light attacks. I never have any other malarial symptoms, but my menses returned when Baby was four weeks old and recur regularly.

(1) Am I justified in continuing to nurse him?

(2) If so, would you advise any addition to the

breast milk, and should that be Nestlé's Food? We used sterilized milk once, but he seemed not to like it.

(3) How often, and at what intervals, ought he to be fed now? I have only recently lengthened the interval from two to two and one-half hours, nursing him at midnight, at 3, 7, 9.30 A.M., noon, and 3. 5.30 and 8 P.M.

(4) When ought I to wean him, if not now, and what ought his food to consist of, in that case?

New York City. C. M. S.

(1) When a child thrives on the milk the return of the menses does not demand weaning, but the child should then be more than ordinarily carefully watched to be sure that it is thriving.

(2) Nestlé's food often agrees very well and there is no objection to trying it.

(3) From three months to ten or twelve months three-hour intervals are usually about right. The child is getting very frequent sucklings, eight in a day. After three months six are usually enough, certainly enough after six months; and one of these may be thrown off by ten months. The amount at one feeding may be increased gradually, say 3 or 4 ounces at three months, six ounces at six months, eight ounces at nine or ten months.

(4) If the milk holds out he should nurse until he is from ten to twelve months old. When the heat is gone, say October, is a good time for weaning. If he needs partial feeding now or at any time, that is partial weaning, and the complete weaning is accomplished by increasing (gradually or suddenly, as circumstances demand) the number of meals of artificial food. This food may be the Nestlé if you are using it or a preparation of milk. If you are able to nurse until cool weather, when he will be nearly a year old, he can probably bear milk but little diluted, and very soon pure milk.

Milk Disagreeing.

To the Editor of BABYHOOD:

(1) Does it occur very often that all kinds of milk disagree with a baby? I was able to nurse my little boy only a fortnight; then he had sterilized goat's milk, on which he did not thrive. The doctor advised cow's milk diluted to the formula of Prof. Escherich, but neither did it agree with him. I tried goat's milk again, and then again cow's milk, but always with the same result. For a while all went well, but then the milk became sour and curdy. Neither the doctor nor I ever thought of seeking the cause of this in the milk itself. As the disturbances of the bowels always occurred with an attack of fever, the doctor ascribed it to a stomach catarrh. He never saw the baby, for I lived far from the city.

At six months my little boy proved to have malaria in a high degree, and the digestion was badly disturbed by it. Then the idea occurred to me that the child, having always lived in the neighborhood of my husband's irrigation works, might have been suffering from malaria all his life.

To afford him a thorough change of climate, I undertook with him a long journey to the other end of our isle and deep in the mountains. The doctor, with whom I still corresponded, advised me to give the baby "farine lactée" till I was able to get good cow's milk, and to consult a good physician whenever I had the occasion. The physician I consulted in the next large city I passed, found the child very weak and anæmic. He said a wet nurse would be best for him, next best a good cow, and in the third place farine lactée; but to that food I had to add Kemmerich's fluid pepton, the child being so greatly exhausted.

As soon as we had reached the place of our destination, the child, worried by fatigue and exceeding heat, fell suddenly so ill that I feared for his life. Within the space of thirty-six hours he lost all the little bit of flesh his malaria had left him, and one could literally count his bones. I sent for the physician in the next little city, who judged the child deadly weak, and said he could only be saved by very nourishing food, for instance, beef juice, whites of eggs, wine from the Cape, and, as soon as the bowels were quite right, undiluted cow's milk besides all this. The baby overcame the crisis in a few days, the malaria disappeared, and after a short period of nearly constant sleeping, came one of real voraciousness. He would have killed himself by eating, if I had let him. I slowly increased his portions, and, having not yet found a cow, added farine lactée instead of milk. He gained visibly, became fresh and rosy, not exactly fat, but strong, and gradually his flesh became hard. All this occurred between his seventh and eighth months.

At last a cow was found. I supposed that the child, being older and quite well, and living in a cool climate, would now digest milk diluted with one-third of water. But no; after ten days of milk diet, the stools caused heavy redness. Immediately I ceased giving milk. The redness gone, I tried again; but now the same trouble occurred after two days. I tried two milk meals a day—in vain; even in this small quantity milk was not well digested. At last I tried two meals of condensed milk, but it did not do either. So I sent back the cow to her owner and resolved to stay with farine lactée.

The child is now nine and a half months of age and gets six meals in 24 hours. Four of them are composed of two heaped tablespoonfuls of farine lactée and 5 grams of pepton in 200 grams of water each; the two others each of five biscuits Marie (Huntley & Palmer's), the white of one egg and a tablespoonful of Constantia wine in 200 grams of water.

On this diet he thrives splendidly. He never vomits, has two perfectly digested stools a day, sleeps soundly from 6 till 6, and takes two naps during the day. In less than two months he has become, from a living skeleton, a splendid baby, not exceedingly fat, large or heavy, but fresh, rosy, firm, gay; and strong enough to raise hinself up at a chair. Teeth he has none, but my two elder children, too, got teeth at ten months only.

(2) What does BABYHOOD say to this diet in this particular case?

(3) Does it think milk will agree with my baby when a little older, especially when I can afford him milk of a European cow, that of our Javanese cows being exceedingly fat?

(4) And if milk proves always to disagree with him, what shall I give him when he has outgrown

the farine lactée period? An answer will be gratefully received by A DUTCH MOTHER OF JAVA.
Kagoemaas, near Sitoebondo.

(1) It is not often that milk entirely disagrees. Often milk must be much diluted, sometimes so mixed that the milk is only a part of a food. But the cases in which milk entirely disagrees are very few indeed.

(2) We think that it should be continued. It is agreeing and your other various attempts have failed. There is always a reason for success or failure, but when the reason is not recognizable the only guide is pure empiricism.

(3) He may be a child who cannot digest easily, in which case it may be necessary to largely dilute the milk; but we should not persist long if in spite of dilution the milk disagreed.

(4) Broths, gruels of arrowroot, rice with sweet butter, and a variety of such alternatives may be used. For older children where milk did not agree well we have sometimes found a pudding or porridge made of the same Nestlé's food ("lacteous farina") to agree and be acceptable. As his digestion gains strength he will probably be able to use milk in some amount.

Learning to Sit Upright.

To the Editor of BABYHOOD:

At what age may a baby be taught to sit up in a high chair or carriage? M. C.
Webster, N. Y.

The age at which a child may sit up varies a little with its strength and development. Only exceptionally should a child be *taught* to do it, because, as a rule, a child of ordinary intelligence manifests its ability to sit up by trying to do so. If he is reluctant to sit up it will be usually because he is not comfortable in so doing. After he shows some desire to sit up he may be bolstered up in his carriage. We would not put a child into a high chair until he shows that he can sit up comfortably on the floor, or some safe place.

Constipation.

To the Editor of BABYHOOD:

My baby is eighteen months old, a specimen of perfect health, with one exception, she is constipated to an extreme. Her food is still the same upon which she has been brought up, Horlick's, with one meal, in the middle of the day, of oatmeal, a little thicker than gruel, and strained, eaten with a very little sugar, milk, and a teaspoonful of lime-water. She has twelve teeth, stomach and eye teeth still to come. She has had but two ill days in her life, both occasioned by attempts to give her broth—our doctor thinks she is not quite ready for animal food. She is now kept in perfect order by a small dose of castoria given every night —not more than half a teaspoonful—I tried glycerine suppositories, but the fæces were so hard that she screamed with pain at every discharge, and often they were streaked with blood. Giving them seems to terrify her, and altogether the result was not sufficiently good to continue their use. I hoped that a few weeks of castoria would regulate her, but I find it necessary to continue it. Will you tell me if this is injurious, and if I can regulate her by changing the diet, and when and how I should give her more solid food? I have been anxious not to change her food (she is otherwise so perfectly well and thriving) until the teeth were all through, but I fear she is becoming too dependent upon having the bowels assisted. Oatmeal seems to have no effect, and I presume no other grain is likely to be more effectual. I shall be grateful for advice. She is an unusually intelligent child, her mind being very active. A FRIEND OF BABYHOOD.
Beverly, Mass.

Inasmuch as the complete set of teeth are not likely to come before the child is two-and-a-half years old, it will be difficult to keep her on the present diet until that time. Nor is it desirable to continue the use of a drug habitually. You say that oatmeal is ineffectual. Have you tried it unstrained? No great laxative effect can be expected from the strained preparations. Of the ready-made foods we have found Mellin's to be usually laxative. In case of need we sometimes allow the pulp of stewed apple (apple sauce) or the pulp (carefully freed from the skin) of stewed prunes; but try ordinary foods first. Besides the thicker oatmeal and the Mellin's food, we may mention well buttered bread, the child being taught to chew it. Graham bread or Graham crackers or "educators" may be thus used after she has learned to chew. All these, which are usually proper foods at her age, tend to overcome the constipation due to too exclusive diet. Uncooked milk also may and probably will be useful as a diet, as it is less constipating than cooked milk, and at her age it needs only warming to blood heat.

Taking Cold Easily.

To the Editor of BABYHOOD:

(1) My baby nearly two years old takes cold very easily. I never know how. She perspires easily. When asleep with only a little covering her head will very soon be wet. Her feet, too, perspire easily; in fact, her stockings are almost always damp and her feet often cold. Of course I know she needs some constitutional remedy for this and I do use something when she isn't taking other medicine for a cold, but is there anything I can do locally?

(2) How long should she stay in her bath? She loves to play in the water and I want to give her the pleasure as long as I can.
Osage, Iowa. MOTHER.

(1) The two symptoms mentioned, sweating of the head and easy taking cold, are suggestive of that form of malnutrition known as rachitis or

rickets. If this exists, the remedy lies in nutritious and digestible food, cool sponging of the skin and whatever else goes to make up sound hygiene. Sometimes tonics are needed. But the preventing of the colds by proper hygiene is far better than dosing for them.

(2) Not long, we think. A good way to bathe her is to have her stand in a tub with enough warm (not hot) water to cover the feet, while she is quickly sponged over with water of the temperature of 60 degrees or cooler.

Club Foot.

To the Editor of BABYHOOD:

What is the cause of club feet? Is it probable that surgical treatment will materially benefit a child so deformed?

Wray, Colo. M. V. W.

The causes of club foot lie in peculiarities of ante-natal development. It is quite beyond our scope to discuss the theories advanced as to the nature of these peculiarities, because these theories have little practical bearing upon the treatment of the cases, and none whatever upon your second question. Good treatment has a most decided benefit upon club foot. Perfect cure often results. If such treatment is within your reach it would be very wrong not to avail yourself of it.

Anticipating Diet During a Journey.

To the Editor of BABYHOOD:

My second daughter, a month old, must go to the interior of China when about eight months old. My breast is already insufficient, in spite of very careful dieting, good appetite, excellent health and favorable circumstances, and the supply seems to be rapidly diminishing, so that I have almost given up hope of nursing Baby at all after a few weeks. That was my experience with my older child, and my mother's was the same. No. 1 never seemed to digest milk well, always was hungry, although she ate very large meals, and No. 2 seems to be following in her path. We have tried this time cream and water and "Anglo-Swiss" milk from Switzerland, though the trial has been short. With No. 1 we tried "Eagle Brand" and several modifications of fresh milk intended to be good substitutes for breast milk. Both the babies are apparently healthy and strong, and the older one was always the picture of health, rosy and plump, and the indigestion shows only in the constant craving for food, a few curds in the fæces, some constipation and occasional wind in the stomach and bowels. No. 1 had also a few rather light spasms at long intervals.

(1) Can "Horlick's Malted Milk" be preserved during a three-weeks' sea voyage? My physician recommends it if it can be preserved, but thinks it is not put up in air-tight bottles, and if sealed would spoil from lack of circulation.

(2) Is that a food adapted to the entire needs of a baby for ten or twelve months?

(3) If for any reason we cannot depend on malted milk what substitute do you recommend? Ease of preparation must be a large consideration, and our inability to obtain fresh milk.

(4) Must we adopt now something to last till we reach our new home, or would we better find the best possible thing now and change in a few months for something which can be depended on in traveling? E. R. A.

Oberlin, O.

(1) We do not think that tight sealing would injure the food if it were put in thoroughly dry and made sterile by the heat of an oven. You can make the experiment in advance, thus: Fill a thoroughly clean wide-mouthed bottle with the food; place it in a moderately heated oven (hot enough to boil water will do); when it is thoroughly heated seize the bottle with a towel to protect the hand and cork tightly at once. Try the condition of the food a month or two later and see if it has changed.

(2) Horlick's food belongs to the group known as malt foods or Liebig's foods. The most striking defect of them all is the small proportion of fat which they contain. It is very low indeed in this particular food, according to the analysis of Leeds. This absence of fat can be made up by the use of milk, and even if not made up may be of less importance than the absence of some of the other ingredients which are found in human milk (which "foods" attempt to represent) would be, but we cannot consider that a food which is very low in fat is "adapted to the entire needs" of a child. If the deficiency is made good by the use of milk, of butter, of cod liver oil or in any other way it may be all right. We are speaking only of malt foods by themselves.

(3) For the journey of three weeks you can probably depend upon it. If in China you can get good milk, and if this second child can digest it, you will probably have small difficulty. If the milk cannot be had, or cannot be digested, then you must continue to use this food, or some other, until he can eat cereals, bread and butter, and take broths.

(4) We think it better to give the child the best you can get for its nutrition and give it thus as good a start as possible. If you have to use a certain food on the journey, you can accustom the child to the taste of it by giving an occasional meal of it, and toward the time of the journey he may take it entirely.

CURRENT TOPICS.

"Similia Similibus Curantur."

I AM not a strict advocate of homœopathic remedies in medicine, but for many years I have found the motto of this school a great help to me in more weighty matters than those which pertain to the body. Especially in teaching, and also in the government of little children in the home, have I been surprised at the magic power of "like cures like." My attention was first called to this treatment while engaged as teacher among the freedmen in the South. One of the most successful teachers I have ever met punishes invariably in kind. Her hold upon her pupils was only equaled by their loving devotion to her.

In my own personal experience the method came into practice in this way. One day, in a hasty fit of resentment, my little boy struck my hand, and called it a "naughty, bad hand." What did I do? I insisted that he should continue striking until the "naughty, bad hand" should be good. At once the little fellow begged and pleaded to be excused from punishing my hand, and with sobs and tears caressed it tenderly, calling it a "kind, gentle hand."

At another time he had heard some rude, unnecessary words in the street and persisted in repeating them in my presence. I said nothing, but *fell* (I use the expression deliberately) to using the words myself until he cried out, "No, no, mamma! I don't like to hear my mamma say such words!"

A careless habit of inattention made him keep silent when, being uncertain of his whereabouts, I called him. The next time *he* called *me* I too was silent, and the little man, hearing only the echo of his own call, and thinking himself alone in the big house, wailed forth, "Oh, mamma! mamma! where are you?" When I afterward explained that my silence was to teach him what my anxiety was when he made no reply to my calls, he very tenderly asked: "But, mamma, when I don't answer you does it make a pain in your heart like the pain in mine when I couldn't find you?" It was quite a revelation to him when I said that our feelings were the same.

At one time he suddenly conceived a great dislike of attending church and Sunday school services. Here I adopted the same treatment and found it effectual. After two Sabbaths spent quietly in the house, he hailed the Sunday services as a most blessed relief from the cares of his shut-in society.

I have cited only a few out of very many successful efforts in this line of treatment.

Almost every home magazine or paper contains an anxious inquiry from some thoughtful, conscientious mother who cannot determine what is the best mode of punishment, particularly when justice is to be meted out to children with entirely different dispositions.

There must be gentleness, firmness, discretion in this as in all radical cures. While you are giving "tit for tat," do not for a moment allow a "tit for tat" feeling to take possession of you, or all is lost.

A very good word of caution appeared in the *Christian Union* some years ago, in the "John" controversy, which elicited warm discussion at that time. It was to this effect. Never enter upon a course of discipline unless you can clearly see the outcome. For example, in the method under consideration, never allow a child to continue in a cruel act. If he is tormenting the cat, or annoying the baby or a child younger than himself, let the punishment continue to *him* and not to the one on whom he commenced it. A great deal of this sort of depravity is due to a child's ignorance of the physical pain caused by teasing others. A few judicious homœopathic doses will greatly enlarge his horizon.—*Eugénie Beckwith in Good Housekeeping.*

The Babies' Wards at the Post-Graduate Hospital.

NO mother whose heart has been wrung by the sufferings of her little one, will fail to take an interest in the work now being done at the Babies'

Wards, No. 222 East Twentieth street. This is the only hospital where children under a year old are received during the months of June, July, August and September, when the mortality among the children of the toiling poor is at its height. Except for a few scattering cases at Bellevue Hospital, the only provision for sick infants is at these Babies' Wards and the Babies' Hospital uptown; and the latter closes its doors during the summer, taking its children to a summer home. The Babies' Wards, under the supervision of some of the most distinguished physicians of the city, furnish a means of instruction in the best modes of relieving the diseases of little children to physicians from all parts of the country who attend the lectures of the post-graduate course. Many diseases of early infancy which were deemed incurable have yielded to new remedies in these Babies' Wards, and this knowledge has brought life and health to little ones all over the country, whose mothers have never heard of the Babies' Wards.

This noble charity is under the care of an auxiliary committee of ladies who give their time to this work among the very poor. The cheerfulness of the children whose short lives have been spent in want and misery, and who now find tender care in their suffering, will appeal to any mother. The Babies' Wards already need more room, as their quarters are limited in comparison with the number of cases which demand immediate attention at all times of the year, and a more spacious building for which a fund is being raised is to be built as an annex to the new post-graduate building.—*New York Tribune.*

Stale Candy.

A CORRESPONDENT in the Baltimore *Sun* expresses the opinion that much sickness is caused among children by eating stale candy bought by jobbers from the wholesale dealers at a nominal price, and put up into packages known as "grab bags." He asserts that candy of this class is often green and mouldy, and unfit for food; and Health Commissioner McShane has indorsed this last statement. Now, we are not disposed to bandy words with either of these gentlemen about stale candy "deranging the digestive organs and causing irritation of the stomach," as Commissioner McShane puts it. The sentiment itself is all right, or pretty nearly right; it is the fact upon which it is supposed to be based that is open to dispute. We have never heard of candy so very stale as to be green and mouldy; but, whenever it has reached that stage of decay, we have no hesitation in saying that it is very likely to work all the mischief attributed to it, and its sale, whether in "grab bags" or otherwise, should entail on the seller the severest penalties. Our opinion is that when sickness occurs among children from eating candy, the result is far oftener due to excessive indulgence of the habit than of the bad quality of candy eaten. The best and purest candy made will cause the results named if eaten to excess, and in this respect candy does not differ from ice cream or tenderloin beefsteak, and there is no reason why it should. This theory finds confirmation in the fact that just before Christmas several samples of candy, thought to contain deleterious coloring matter, were brought to the Health Office of Baltimore, but an analysis proved them to be perfectly pure. In referring to this matter, Dr. McShane states that the local Health Board of Baltimore has no authority to seize adulterated food products, this privilege being vested exclusively in the State Board of Health.—*American Analyst.*

In Childish Days.

IN far-off childish days, when tender care
And mother-love were all the world I knew—
Except the one a baby's fancy drew,
Peopled by dreams, by visions quaint and fair,
I thought, when I a woman's garb should wear,
My mother, playing in life's dawn anew,
Would be my child; whose pathway I would strew
With joys; for whom all burdens bear.

I held her in my arms a little while:
A child she was, as helpless as at birth,
A child too weary for the jar of earth.
It was my joy to win her fleeting smile:
Oh, soon there fell a silence, breathless, deep!
My arms are empty, she is fast asleep.

—*Mary T. Earle, in New England Magazine.*

Moderation in Running.

AT the meeting of the Society of Cyclists, Dr. Richardson gave the results of some curious experiments by a German expert, Dr. Kolb, as to the physical effects of different forms of sport. By means of a delicate little machine of Dr. Richardson's invention for measuring the beats of the pulse, Dr. Kolb has ascertained that the most exhausting apparently of all physical exercises is running. Cycling, it appears, is far less

trying to ordinary persons, and whereas it was expected that cyclists accustomed to great feats of endurance in long rides would have shown weakness in the action of the heart or the arteries, the reverse was found to be the case. Dancing, in the opinion of Dr. Kolb and Dr. Richardson, is a far more injurious pastime when carried to excess than cycling, more especially when it is considered under what conditions dancing usually takes place.—*London Daily News.*

Furnishing a Home.

It seems a pity that the young woman who is about to establish a home and has a sum of money to spend for its garnishing cannot be persuaded from laying it out all at once. She robs herself of so much future enjoyment. The spick and span sets of furniture which are carelessly ordered from an upholsterer, and carried home and stood around her parlors by his men, will never afford her half the satisfaction she can get in a room for which to-day she buys a chair, and next week, seeing there must be a table to accompany the chair, she starts on a fresh shopping excursion, and finds a table which is exactly what she was looking for; and in another month, discovering the need of a bookcase or a screen, she has again the delight of the hunt, and the gratification of obtaining the prettiest screen and bookcase in the city.

Such a room is a growth, a gathering together, of household treasures little by little, and piece by piece. Each article, bought only when the need arises, or when something is happily found to just meet the need, will have a family history which makes it an entertaining as well as a valuable possession. Each couch and footstool is an achievement; each rug and curtain represents a triumph. Such a home, built up gradually, with careful planning in each part, with thought and loving consideration in all its details, acquires a meaning far deeper than could be purchased by the longest purse from the most fashionable cabinet-maker.—*Harper's Bazar.*

Recreation in Change.

Whatever may be said against hobbies, there is nothing more wholesome for man, woman or child than an enthusiastic interest in something outside of the regular life work. It has often been proved that turning from the not over congenial routine of the day to some chosen avocation gives true rest and enjoyment. If the interest is an out-of-door one, so much the better. The ardent student of birds, plants, bugs or stones generally shows the advantages of his hobby in his firm step, healthful color and bright eyes. For literary people—indeed, for all indoor workers, and they are the majority—there is no better medicine. Children are naturally interested in animal and vegetable life, and with a little help and guidance will often enjoy making a study of some one family. Beetles may seem uninteresting to the casual observer, but at least one bright boy is an enthusiastic student of them. His leisure for two years has been largely devoted to collecting and classifying specimens, some of which are wonderfully beautiful, and he never lacks an object for a ramble or occupation for rainy days. One of the choicest collections of shells we ever saw was gathered by the mother of a large family, in the leisure of middle life, and continues to be a source of pleasure to herself and a large circle of friends.—*Congregationalist.*

Gladstone and His Grandchild.

The lady who wields all power at Hawarden at present is little Miss Drew, Mr. Gladstone's two-year-old grandchild. A recent visitor to Hawarden says: "I never saw a prettier sight than when she ran through the open door which divides the drawing-room from the Grand Old Man's sanctuary, and pulling at the lapels of his dressing-gown, drew him imperiously away from Homer or the Blue-book or whatever was engaging him. The first intimation we had in the next room was a peal of laughter on Mr. Gladstone's part at the obvious necessity of capitulating to that daring invasion, as musical and hearty as ever came from human lips, for his laugh is one of his greatest attractions.

"Presently the Grand Old Man and the little child, separated by eighty years of time, came hand in hand together into the drawing-room. Mrs. Gladstone runs to the piano and strikes up a lively waltz tune, and in a second the two partners are dancing together, the Grand Old Man putting into his pirouettes a lot of funny, old-fashioned little steps, learned of our great grandmothers seventy-five years ago, which it was impossible to view without delight and applause, although so much pathos mingled with comedy in the touching scene."—*Pall Mall Gazette.*

Babyhood.

Devoted exclusively to the care of infants and young children, and the general interests of the nursery.

VOL. VIII. JUNE, 1892. No. 91.

HEART AFFECTIONS OF CHILDREN FROM OVER-EXERTION, ETC.

BY DAVID WARMAN, M. D., TRENTON, N. J.

AFFECTIONS of the heart are very common of late years, and I think are becoming more so. I have recently seen a statement, the result of statistical inquiries, that there are three kinds of diseases which in this busy, bustling land of ours are steadily on the increase—insanity and some affections of the nervous system, dyspepsia, and diseases of the heart. No one engaged in the practice of medicine can fail to appreciate the truth of the statement. What causes them, and can we by any means materially lessen their increasing frequency? Again, is there anything in our habits and mode of life, in our work, our amusements, which can be so altered or abandoned as to avert them? With their increasing prevalence we are too familiar, and the question of their prevention is worthy of our deepest study.

I desire now to speak more particularly of heart affections. Of many we know the origin to be either an inherited trouble or the result of some other disease, but I propose now rather to discuss causes of heart affections very little appreciated, to some scarcely known—the production of disease of the heart in children by

Strain or Over-Action.

Strain and over-action may go together or not, and the former may or may not precede the latter. While thus there is a close connection, at times nearly an identity, between the two, it will be convenient in a general way to limit the idea of a strain, unless the contrary is stated, to an acute strain, an injury by sudden violent effort; and to think of over-action, over-exertion or over-work, for these terms may be employed synonymously, as a persistent excitement and derangement produced by less rapidly acting causes. Dr. Da Costa says a strain may rupture the muscular walls of the heart; and though there is the greatest doubt whether it can do so unless they are previously diseased, there is none as regards the rupture, under strain, of fatty or otherwise enfeebled walls. But I pass this by to speak of breaks and tears in the valvular apparatus and great vessels, clearly the result of sudden disturbance, and will relate a case that came under my observation.

The patient was Emma C., aged ten years; her previous health had been good; her parents were living, well and strong, there was no constitutional taint on either side. The child had never had rheumatism, or chorea; indeed she had always been an unusually strong, healthy, robust child until last year, early in the spring, when the common periodical epidemic of rope jumping broke out among the juveniles. After a prolonged jumping, counting the number of times (among the hundreds) without stopping, she was suddenly seized with pain in the region of the heart. The patient became an invalid at once, complaining first of shortness of breath on exercise, with paroxysms of pain in the region of the heart. Physical examination revealed valvular lesion, with enlargement, and what is technically called aortic obstruction and mitral regurgita-

tion, that is to say, obstruction to the free flow of blood into the great artery (aorta) and incomplete closing of the valves between the chambers on the left side of the heart.

This progressively increased, accompanied with extreme difficulty in breathing, inability to lie down, swelling of feet and legs, cough, and more or less muco-serous expectoration; death resulting in less than a year, from no other cause than heart strain produced by prolonged rope jumping.

I cite this case as a warning to parents and nurses, and to those who have the care of children. There is no doubt that other children have found an early grave from the same cause.

We have, in the case thus alluded to, the result of muscular strain, or violent muscular exertion, but the same result may happen from extraordinary mental emotions. Let me give an instance taken from a medical journal, reported by Dr. Da Costa: "Some years ago a blooming girl of eighteen was brought to my office by her mother, to consult me with reference to palpitation and shortness of breath, on exertion, which had developed themselves suddenly. I found a well marked aortic regurgitant lesion [*i. e.*, imperfect closing of the valve at the beginning of the great artery]. She never had had rheumatism, had been, indeed, in perfect health, until a certain day, and had been remarkable for the ease and endurance with which she rode and walked long distances. But one night—it was in the midst of the troublous times in the border States during the civil war—while she and her mother were alone in the house, which stood some distance from any neighbor's, and the father was known to be far away with the army, two men entered the dwelling, and notwithstanding the entreaty of the mother, slowly ascended the wide staircase.

"The girl was beside herself with agitation and alarm; the mother, resolute, told them not to advance or she would fire.

"The warning was unheeded; the flash of the pistol followed. The fire desperately wounded one of the invaders, the other fled. But from that fatal night the girl was a wreck; the palpitations never left, and after a few years, I am sorry to record, the heart trouble led to death."

We see in these cases the effect of strain and over-excitement of the heart in producing organic lesion. We may argue that there must have been some previous disease of the structures, or they would not readily have given way, but the ages of the patients are not those in which degenerative tissue change is apt to happen.

Moreover, I find in the literature of medicine similar cases mentioned which have occurred in very young children. Thus in the *Boston Medical and Surgical Journal*, Dr. Hitchcock records a rupture of one of the valves, from fright, in a little girl two years and nine months old. She was often nervously excited by loud noises, and when in the middle of the night the steam fire whistle was suddenly and protractedly sounded near her window, she awoke in terror, screaming and panting, and it was hours before she could be quieted. Her breathing became labored, and at her death, seventy-eight hours after, portions of the valves were found to be lacerated and broken in their substance.

But we may ask, In what manner does the first derangement originate? Is it in the muscular structure of the heart itself, or in its nervous apparatus? Most writers believe that it is in the latter, in the majority of cases; and in the light of many observations, we can understand how even mental emotion, acting through the nervous system on the nerves of the heart, may produce real trouble; and how also worry, fright and strain on the feelings may, when long kept up, give rise to conditions which in figurative language we call being "heart-weary" and "heart-sick," and which, not as a figure of speech but in truth, may be the beginning of actual heart malady.

But it would lead too far to pursue this matter here. I merely wish to show the close connection which fright and even the athletic sports and amusements of our boys and girls have in leading to heart trouble from the constant strain and overwork thrown on the heart, partly in the gradual manner

just described, through perverted nervous action, and partly by directly causing inflammatory and other tissue changes.

The greatest gain from the study of this subject will come if by the knowledge acquired of the manner of the production of heart trouble we can prevent its increase. Many of those having the care of children err through ignorance, and it is the province of writers in BABYHOOD to show them that the heart will not, any more than the brain, endure incessant and exhausting labor and excitement; that there are "heart-weary" as well as "brain-weary" persons; to point out how some of even the innocent amusements and sports of children may lead to disorder and disease of the heart, and how, therefore, the dictates of science, humanity and true economy alike demand that they be less continuously persevered in. It must be made clear that certain false notions about the care and management of children, such as frightening them from any cause, shutting them up in a dark room as a punishment, telling them frightful stories, threatening to have the doctor cut off their ears or bleed them if they are not good children, etc., may lead either indirectly or directly to consequences little thought of; and that it may be the heart that bears the brunt of the irregularity and abuse, and not the organs which would appear to be the ones most likely to suffer.

INFANTILE GRIEF—HOW EXPRESSED AND FOR WHAT REASONS.

BY J. M. W. KITCHEN, M. D., NEW YORK CITY.

A SON having been born to me seven months ago, I have been considerably interested in discovering the causes of infantile griefs. Let it not be understood for a moment that this baby of mine is a "crying child." On the contrary, no other man ever had so merry, *laughy*, pleasant and altogether sweet a boy-baby. He seldom cries, but when he does so, the family knows of the fact to its extremest environs. His first act after his advent into this cold and uncharitable, but light-pervaded world, was to stare around in visibly great astonishment. But he lost small time in voicing his sentiments by a roar so loud, long and lusty as to strike those within hearing with awe. This feeling was tempered with joy to know that the new comer was not only in possession of the function of respiration, but that he also had so good a pair of lungs and so excellent a motor mechanism to work them.

Every baby has its own peculiar cry, that to the maternal ear is plainly distinct from the cry of all other babies. Even the attending nurse in a maternity hospital, who has perhaps to wait on a dozen infants packed spoon-fashion in one crib, where they lie clawing at the backs of their neighbor's head and looking very much like a litter of young pigs, can recognize the cry of one child from that of another. There are three peculiar but somewhat related aural sensations that are well worth experiencing, viz.: the general noise and clamor of a dog-show, a chicken-show and a lying-in hospital when all or a good portion of the participants are in full cry. This matter of individuality of cry in the young has an example in a flock of sheep

shortly after lambing. To an outsider the baa of one lamb or of one sheep is much the same as that of others; but the shepherd knows the variations, and each sheep and each lamb knows the cry of its child or its mother. If within hearing, the cry of one is instantly followed by the reply of the other, even from the outer extremities of the flock.

The cry of a baby varies in its expressions at different times, indicating emotions of pain, grief, rage, impatience, fear, fretfulness, etc. Tears do not accompany the crying of very young infants, though they appeared in my boy at two weeks after birth. This, I believe, is unusual.

But why does a baby cry? A baby cries because of some experienced discomfort. Another answer might be, because the complex apparatus producing the cry is very highly developed thus early, while organs and parts that carry out other functions are still comparatively undeveloped. In particular, the functions of control are still immature. The more purely vegetative functions in the infant are constantly engendering a considerable amount of energy in the various tissues of the body, and this stored force finds an outlet in the exercise of the organs that are best developed. Stored energy in the body is never discharged without the intervention of a direct or indirect stimulus received from without the body. Wherever the amount of stored energy is great, or the sources for its outlet are small, or where both conditions are present at once, as in the infant, only a very slight stimulus from without the body is necessary for effecting its discharge. Hence it is that a very slight cause is sufficient to make a baby cry—a cause so slight as to be inoperative in an adult, and which appears insufficient to a grown person who does not realize this truth. It would not be inappropriate for parents to bear this fact in mind when they feel certain that the crying of their babies must be the result of inborn perversity or wickedness.

Babies never cry without a cause acting on them in their immediate environment, or, in exceptional cases, some cause of a hereditary or acquired nature. As a rule, the cause is of quite an immediate nature. If the cause is removed, or antagonized by other appropriate influences, the baby does not cry. It must be borne in mind that babies, like all other matter, are being continually acted on by the conditions and influences in their environment, and are formed and have their being as a result of the nature of that environment. This environment is continually undergoing change, and hence the constitution of the infant is constantly being reformed. All change in the constitution of the body is accompanied by some discomfort, although it may be very slight. When any of this influence becomes unusual—greater than usual—the discomfort experienced increases. In babies, crying is largely a matter of very direct reflex action, with very little accompaniment of the higher mental process; but there is little doubt that the process is always accompanied by more or less of the sensation known as pain or discomfort.

The causes of pain or discomfort to a baby are multitudinous, and in each case must be studied out and sought for. Here is where experienced powers of observation and good judgment can find employment. Particularizing, let me indicate here some of the causes of crying that have occurred to me. Every person of experience in the ways of babies will think of still other causes.

Probably the first cause of an infant's cry is the effect of cold. Babies like to be very warm. They come from a warm country, and it is a great shock to be brought suddenly into a temperature of 30 degrees more or less below the 98 degrees to which they have been accustomed for several months. No wonder that they gasp for the breath that has never before been theirs. They like to cuddle to the mother for the sake of the maternal warmth. The person who first thought of the hot water bag as an accessory of the young baby's crib during cool weather was worthy of high commendation. (Great care, by the way, should be taken in applying hot water bags or bottles to babies not to burn them. Such accidents have occurred.)

During the first days babies are more likely to cry from cold than from hunger. Still

they may cry from hunger very early after birth, even when they do not require food for their nourishment, and, in fact, they are better without it for a while. In such cases a little allowance of warm water satisfies the hunger and does no harm. Here is suggested the most prolific set of causes of infant discomfort, namely, too much food, too frequent feeding, irregularity in feeding, as well as unsuitable food. These causes produce nausea, vomiting, acid burnings, distension from excess of food and gaseous fermentation, colicky, griping contractions of the coats of the stomach and intestines, and in most cases diarrhœa. Sometimes a very young infant may vomit because of meconium finding its way into the stomach from the intestines.

Constipation is a frequent cause of discomfort. It is comparatively easy to regulate the amount of food needed by a baby as well as to indicate the frequency with which it should be given; but it is often a most difficult matter to adapt the quality and nature of the food to the best needs of a particular case. Every infant varies in some degree in this respect from all others. It took me three weeks of diligent experimentation to get my boy's food sufficiently right to satisfy me. During this period I was sometimes tempted to think the boy had inherited all the infirmities of temper of all his ancestors for many generations; but knowing that the fault was probably in the ignorance of his parent, I sought the cause, concluded that his mother's milk did not quite agree with him, and found a remedy in a first course of barley-water, alkali and sugar before maternal nursing, after which discovery this boy became wonderfully good. I am only a nose and throat doctor, and possibly ought to have known enough to regulate the boy sooner; but I am sure this subject of infant feeding is a most profound and difficult one, and that parents should have patience with their family doctors if they find difficulty in immediately regulating the diet of their infants to the best interests of these little people.

A baby may be made so uncomfortable as to cry because of hot weather, overheating and sweatiness, from too much clothing, tight or ill-fitting clothing, and from wetting or soiling the diaper, especially when the skin has become irritated because of uncleanliness or from lack of protection from the discharges. Causes of crying, difficult or impossible to remove, are the infectious or other real maladies.

Strictly speaking, discomfort, even in a slight form, is a *dis-ease*. To remove disease, the cause must be removed, or else the patient must become adjusted to the influence causing the discomfort. In some cases this is impractible, hence to stop the crying, antagonistic and alterative influences of a strictly medicinal nature may have to be used. Here is where the function of the nurse should be supplemented by that of the physician.

A little baby should sleep three-fourths of the time, and frequently cries because it is tired and sleepy. Sometimes it cries because it is wakeful. This wakefulness may be due to an acquired habit formed during an attack of sickness, or may be a result of the irritation of teething or of vaccination. Then the physician can usually be successfully called on for relief. The child may cry because of interruptions of respiration by the accumulation of secretions in the nasal cavities, or the nostrils may be closed in nursing by being too tightly pressed against the breast.

It is natural for an infant to direct everything to its mouth, and even the touch of clothing around the mouth suggests to the little brain that the sucking process ought to be in operation, though the child may not be hungry. Here we come to the subject of thwarted desire as being a cause of unhappiness to the baby. When we consider that unsatisfied desire will be so prominent a cause of grief to that little mortal throughout its whole life, it seems a suitable point to refrain from further reflection upon the subject. It may only be further added that every baby has a certain amount of vitality, and that this will find outlet through the function of crying if not otherwise diverted. An inherited contrary disposition may tend to make a child irritable, but if diverting pleasurable influences are brought to bear, cheerfulness and happiness will be the result.

INFANT ETHICS IN ITS SICKROOM ASPECT.

BY ELIZABETH STOW BROWN, M.D., NEW YORK.

IT is of the greatest importance in the case of a sick child that he be under control, that he be accustomed to obedience, and that of the most unquestioning kind. Who has not witnessed in the illness of some child the stormy scenes of resistance, the paroxysms of passion and temper which exhaust the little invalid and agonize the devoted mother? I would therefore make a plea for an early discipline in mechanical obedience, at the "word of command," and in such self-restraint as may be cultivated in a very young child; not altogether with the aim of improving his morals, but as a resource in the physical perils to which his life is liable.

The fire drill of the schools is not regarded as a senseless precaution, though years pass without a practical demonstration of its utility. Yet how much more likely is the probability of some illness in an infant too young to be reasoned with, whose resistance to nourishment, medicine, stimulants, local applications, baths or rubs, may be a serious factor in the treatment of his disease. Never quite so bitterly do parents reap what they have sown as when it comes to such an illness in the petted darling of their indulgence.

It is not enough to be always thinking how to prevent your child from falling ill. Consider also how you will manage him if he should be ill. The best hygiene, the most carefully regulated feeding, baths, clothing, exercise, do not insure the beloved little one against measles, scarlet fever, diphtheria, pneumonia, burns, or broken bones. And the child's very life may depend on the facility with which certain aids to recovery can be made available.

The Infant's Will.

Obedience and self-restraint are manifestations of will. Now, the will of a babe is relatively weak and unstable, especially in self-control. The reasons for this are the imperfect development of the brain; the limited experience of muscular acts, as well as the limited experience of the results of action; and the feeble power of attention, holding the mind to one point for any considerable time.

The early or first training directed to a baby's will begins by increasing opportunity for muscular experiences, by affording freedom for execution of the manifold kicks and wrigglings of the little being, all of which are essential to the attainment of voluntary control of the muscles. As the child grows older there should be encouragement of a certain reasonable amount of imitative movement at command. Has not the intelligent mother noticed that a child of strong or exceptional muscular development seems correspondingly "self-willed"?

The Prohibitive Idea.

The idea of prohibition in certain directions may begin very early, in some children as early as the third or fourth month. This will be long before those higher centers in the brain are developed which are called by psychologists the *centers of inhibitive volition*. A word, a tone, may come to mean to the child prohibition. What mother has not seen it? This furnishes the *prohibitive idea*, which, following an impulse in the moment of execution, will arrest the motion which is imminent. Repetitions of prohibition in re-

lation to particular objects or acts will insure the association of prohibition with them.

The habit of responding to prohibition may be cultivated, and should be, as the invaluable resource for control of the infant's actions in health as well as in illness. The "No! No!" of the mother's voice should arrest the little hand put forth to grasp forbidden objects, to touch dangerous things; should check the little unsteady feet running into unknown dangers; should hush the cry of anger, vexation or bodily discomfort; should stop the struggles of resistance to necessary attentions in illness, where the exhaustion of a stormy scene is too much for a little sufferer.

The Word of Command.

And as soon as imitative movements can be seen in the baby's acts, an elementary form of commanded movement may be taught. *Not to do* certain things which the child feels the original impulse to do, may be followed by orders *to do* things where the idea is suggested.

It may be asked, "but must the baby not understand language in order to produce an act to correspond to a given word?" True, it is his first introduction to language—the association of a certain sound with an act. First accompanied by an interpretive movement, he sees the word, as it were, illustrated. He imitates the movement, and gradually, by patient repetition, the chain of association of ideas is formed between the word and the act called for. This is exactly the process followed in the teaching of dumb animals, where a simple form of association of ideas is possible. The "word of command" should call up in the child's mind the picture of the action demanded, which should be executed without a moment's deliberation. "He who hesitates is lost." This is mechanical obedience—the obedience of the soldier.

Application.

Imagine a sickroom with a little child ill with diphtheria. The disease produces great prostration. The physician has ordered local applications to the throat at frequent intervals. A violent struggle with the little patient on the part of the mother or nurse might precipitate heart failure. Imagine the mother able to say to the physician, "Oh, I can depend on my baby's holding still when I tell him to, and opening his mouth for whatever I offer to do to him."

Suppose again one of those cases where the child resolutely refuses to take nourishment, or stimulants, or medicine. The usual scene is either terrific roars and kicks (if the patient has the strength), or else quiet closing of the jaws, and turning the face to the pillow at all advances. The trained nurse, to be sure, knows how to grasp the child's head as in a vise, holding his nose till he opens his mouth for breath. But how much better to attain the result at a few gentle words from the mother, or the gentle hint of slipping the spoon between the teeth, when the habit of docile obedience opens the little mouth and the needed draught is swallowed.

Nursery experience could indefinitely multiply examples. But these are surely enough to enforce the thought that she who would hold the power to control her child in the critical time of illness, must keep him well in hand while in health. "In time of peace, prepare for war!"

WEAK ANKLES.

BY JOSEPH B. BISSELL, M. D.,

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INABILITY to support the body firmly on the feet is common to a greater or less extent in every child in its early period of walking. It is more marked in city children than in their country cousins. Indeed, in country children weak ankles of such a degree as to require treatment are extremely rare. Weak ankles may be due to local causes about the ankle joint itself, or to some constitutional disease where the ankle trouble is only one in a group of symptoms. Very heavy infants, when they begin to walk, often give evidences of weakness at the ankle joints; this is seen at once when the child first attempts to walk, and it passes off as he learns how to support and balance his weight on his legs.

True weak ankles appear somewhat later, usually not before the end of the second year, or even later than this age. In most cases both ankles are affected, but frequently the trouble is only in one, and almost always one side is much worse than the other.

Principal Causes.

This weakness is most marked in children who have been improperly fed and are hence poorly nourished. If it is due to causes about the joint itself, these may be in the ligaments or in the bones, or in both. The muscles and tendons crossing the ankle also help in strengthening it, and therefore, if not strong and firm, may have a share in producing a weak ankle. The relative proportion of all these elements in this trouble can only be told by careful observation; and as a knowledge of these conditions may be necessary to a cure in troublesome cases, it is wise to have these children, if there is any doubt about them, under the observation of a competent physician.

Treatment.

If the weakness is caused by any general disease, as, for instance, rickets, which is by far the most common constitutional cause, this disease should be treated before using local treatment, or in conjunction with local remedies. If the child is suffering from improper food, or if, what is practically the same thing, the food is not properly assimilated, these errors must be corrected, and their correction may completely relieve the weakness in the ankles.

If the weak ankles are due to curvature in the leg bones, either bow-legs or knock-knees, the leg bones being attached to the feet at such an angle as to make the feet turn in or out in walking, it is best to take the advice of a surgeon as to the correction of the legs by operation or otherwise.

The question of braces for weak ankles suggests itself to the mind of the mother, as well as to the family physician, as soon as the trouble is first noticed. It is not an easy matter to decide absolutely. It seems a pity, if it can possibly be avoided, to hamper the limbs of a young child with a heavy metal and leather apparatus, which, even when it is as light and as æsthetic as modern orthopedic mechanics can make it, is still cumbersome and unsightly, and more or less of a terror and nuisance to a delicate and sensitive little one. There are cases, of course, where this must be used; but simpler remedies can first be tried, and, of course, no brace will be applied except by a surgeon of experience and skill in this class of cases. But even then I think braces would be used less often than they are if parents would not allow their own anxiety and the urging of their friends to force the surgeon to apply them before he is satis-

fied that they are absolutely necessary. In some cases I believe that braces interfere with the normal development of the joint structures, and thus not only hinder the cure that they are expected to bring about, but even may make the weakness worse.

Firm support may be given to a weak ankle by means of strong leather pads inside the shoes, or a piece of thin steel in the lining of the shoe on either side of the ankle will strengthen the support with little increase of weight. Making the counters of the shoe higher, more like a boot, will also be of use. But tight lacing is to be avoided. This produces too much pressure on the muscles and ligaments and impairs their action. The disuse makes them weaker, and consequently, as with braces under certain conditions, harm may result instead of good. Ordinary stout, well made but not too snug fitting boots are often of great advantage in these cases, where the trouble is not very severe.

Very much can be done for weak ankles by systematic care. A bath with vigorous rubbing for fifteen minutes with a solution of alcohol one part, water three parts, night and morning, is a good local remedy. This can be alternated with a salt and water solution; but the rubbing is the principal and most vital part of the treatment. Massage, which can be performed by the mother or nurse, and is really only a modified rubbing, will be of the greatest service. This treatment must be systematic and thorough, and kept up for a long time to obtain the results wished for. In conjunction with these means, of course any of the causes present must be removed. General food tonics, as, for instance, cod-liver oil, are needed in most cases. In any case of well marked weak ankles it is better to consult a specialist and follow the advice of experience than to endeavor to get on with home treatment and home remedies.

REWARDS AND PUNISHMENTS.

APROPOS of the discussion in BABYHOOD last month on the case of "Edward," which has aroused widespread interest, we extract the following remarks on punishments and rewards from Mrs. Frank Malleson's admirable book, *Notes on the Early Training of Children*, published by D. C. Heath & Co., Boston:

We very rarely, if ever, see education emancipated from the conventional ideas of reward and punishment. Moralists and experience teach that obedience to the moral and physical laws governing the universe is followed by happiness, disobedience by pain, and this teaching has so affected educational practice that extraneous reward and punishment have come to be considered an integral part of the training of children.

Most educators would agree that children should be educated from their earliest life in such a way as to avoid the necessity of punishment, that this at least is the ideal to be striven for; but whether from "inherited defects," or the bad early training of children, the majority will consider such a standard of moral education as impossible. Mr. Herbert Spencer states that "any ideal system of discipline is hopeless. Parents are not good enough." Nor are the children. "We are not," he says, "among those who believe in Lord Palmerston's dogma, that 'all children are born good.' On the whole, the opposite dogma, untenable as it is, seems to us less wide of the truth." He lays great stress on the "inheritance of defects by children in the average of cases."

The only discussion which appears allowable, is

the *mode* of punishing or rewarding. The ordinary use of both is seldom anything but empirical. Educators have but vague ideas how "moral excellence" (the chief aim of all education) is to be attained. They agree that wrong-doing must be followed by pain, right by pleasure; but how the arbitrary administration of either can effect desired changes, is scarcely analyzed.

The traditional methods are those used in the hope that they will produce the expected result. And what are these?

The stern doctrines of the Old Testament have maintained a strong influence in the bringing up of the young. "Chasten thy son while there is hope; and let not thy soul spare for his crying." "Thou shalt beat him with the rod, and shalt deliver his soul from hell." And this idea of saving the soul by the pain of the body gratifies so naturally the imperfect impulses of most educators, that we find it believed in, and practiced, not only by those who are ignorant and passionate, but by all grades of educators and for all kinds of faults.

Corporal punishment is given in anger, when it must seem to the child as a consequence of personal annoyance or indignation, or it is dealt out with judicial calmness and deliberation, when it must be necessarily more impressive. A child at an elementary school cannot do his sums; his hands are caned by the teacher. Why? to make him see an intellectual problem with more acuteness? Another child disturbs his father by making a noise when quiet is necessary; he is sternly told to be quiet, but he presently forgets the command, and, busy in his own way, repeats the annoyance. The father takes it for granted he intended to be disobedient, and boxes his ear. A little girl breaks into open rebellion against her governess, or, believing that some injustice is done her, bursts into a tempest of passion. Both are met by sharp blows, or by banishment to bed, with hunger, for the remainder of the day. A boy tells a lie to his mother, or deceives her by pretending to go to school and absenting himself; or, with confused ideas, takes, as his own, some property of his parents. A "sound flogging" is supposed to be the means of teaching him the value of truth and the rights of property. A little sister is found by another child an inconvenient competitor for toys, and she slaps her to remove her out of the way. Her mother slaps the offender by way of teaching her kindness to her sister. There does not seem much sequence between this kind of punishment and these typical offenses —between disobedience and the tingling of a blow, untruth and insubordination and a larger dose of physical pain. The pain is believed to be strongly deterrent in its effects, and that is held to be sufficient. Outward conformity to established rules of order can at least generally be attained, and there is hope that some inward change of the volition follows upon the outward conformity. Much questioning as to the actual effects of physical pain on the moral nature is useless and undesirable. If the corporal punishment proves less efficacious as a deterrent than is expected, educators trusting in it are very much at a loss.

I know that one of the common arguments in favor of corporal punishment over those that appeal more directly to the moral sense of the offenders is that it is healthily restricted in its effects, and can leave behind it no morbid sense of wrong, no irritating self-measure. The child has done wrong, it has paid for it in physical pain, and the memory of the pain will prevent the recurrence of the offense.

I doubt whether the account is so easily settled. Physical violence is hurtful to the moral nature; it rouses as a rule opposing physical violence and fear, and too often leaves in the mind of the victim a sense of injustice or anger and hatred, instead of a true repentance. In David Copperfield's history of his relation with his step-father, we have a sad and touching account of punishment which had these effects, with the yearning for the active influence of love, which he instinctively felt would have brought opposite spiritual results. Boys, in talking of their school-life, will tell you, as another effect, that they get so callous to the indignity and shame of physical chastisement, that it produces no other result than to make them rather glory in bearing it with decent courage. They grow to prefer it to tasks and other modes of punishment, because it is soonest over.

When education is better understood, there is little doubt that corporal punisment will be considered singularly irrational and unphilosophical, and that educators will then seek and find intellectual and moral means for producing intellectual and moral results.

The theory which advocates those punishments which are the "true consequences" of conduct, seems a far more reasonable guide. But it is reasonable within very narrow limits. It is impossible that the theory as lately expounded by Mr. Herbert Spencer can be carried out with logical

consistency. "It is the function of parents," he says, "to see that their children habitually experience the true consequences of their conduct—the natural reactions; neither warding them off, nor multiplying them, nor putting artificial consequences in place of them."

In some cases, no doubt, it is possible to let a child learn the value of judgment and foresight by allowing her to choose a wonderful "purple jar" instead of a useful pair of walking shoes; but I have never read Miss Edgeworth's story without bitter resentment against the cruelty of Rosamond's mother; and I think most readers of to-day will agree with me, that the child's love for her mother, and faith in her wisdom and goodness, were dangerously jeopardized by such a lesson in the smaller and self-regarding virtues.

This theory of punishment is, however, supported by the child's sense of its justice. If the noisy child, just now cited, had been sent to play in a cold room by himself; if the untruthful boy were to be steadily disbelieved until he became convinced that it was bad policy to tell or to act lies; or the juvenile communist had had his own jacket or toys taken away from him, the children would have received some ideas, however crude, of the moral laws they had disregarded. The question to be considered is, at what cost would these ideas have been gained? We cannot safely deal with one part of the child's character in the giving of our lessons without relation to the whole, and if we act to the child as he has acted to others, will not his faith in our goodness, his reliance on our judgment, his ideas of right and wrong, receive a serious shock, which no minor advantage will counterbalance?

But if we discard both these modes of punishment, what help can we get in our task of training moral excellence in the child? I shall be told that some punishment is absolutely necessary for those children who have had no good early training.

In a very fine passage of the "Remorse," Coleridge contrasts the two ways of treating the wrong-doer, and after drawing a powerful picture of the conventional treatment of the criminal, exclaims:

"With other ministrations, thou, O Nature,
Healest thy wandering and distempered child,
Thou pourest on him thy soft influences,
Thy sunny hues, fair forms, and breathing sweets,
Thy melodies of woods and winds and waters,
Till he relent, and can no more endure
To be a jarring and a dissonant thing
Amid this general dance and minstrelsy;
But, bursting into tears, wins back his way,
His angry spirit healed and harmonized
By the benignant touch of love and beauty."

Here the wrong-doer is regarded as sick in spirit, and he is brought back to health—*i. e.*, goodness—by the natural educational processes. We are not considering, as Coleridge was, the wrong-doing of adults, but I think the conduct of erring children may be thus estimated. The child's action when out of harmony with the higher moral laws is wrong (*wrung* from the right). His nature, as part of humanity, is designed to love goodness, to do right; we must treat his failing from the law of his nature as abnormal, and seek for influences, as we do in the case of bodily sickness, which will restore his soul to health. Nor can we be content with outward conformity to goodness. We must be assured that the character of the child *is* what it seems to be, that its will is governed by the best part of its nature.

In as far as reward is the antithesis of punishment, what is true of the one is true of the other, with the difference, that it is always more safe to appeal in children to the love of pleasure than to the fear of pain. At the same time, while punishment brings in its train certain evils, extraneous reward of good action stimulates vanity, pride, all forms of self-love, and the development of the selfish, as opposed to the unselfish, part of the nature. We may safely and freely allow the natural rewards to follow upon good conduct; but it shows weakness in education to supplement these by extraneous pleasures. A child learns under a good teacher with extreme industry and eagerness; he is rewarded by the pleasure he feels in the acquisition of new knowledge, in the exercise of his faculties, in the sympathy of his teacher; it is something like "gilding gold" to offer this child further stimulus in the shape of prizes. Prizes for intellectual work have been the invention of bad teachers; certainly they are not needed by those who thoroughly understand their business. The same may be said of the taking of places, and the system of "marks," when not used as a means of recording the progress of pupils.

At Dunmow, I believe, the flitch of bacon is still given to couples who claim it for their year of marriage passed without a quarrel. In French stories we read of the virtuous girl of the village being publicly rewarded. The inadequacy of such rewards pointedly shows the mistake of the prin-

ciple; while the common proverb, "Virtue is its own reward," puts into shape the truth I am trying to enunciate. The exercise of the moral, no less than the intellectual, faculties, is followed by the reward of pleasure, and the satisfaction of the moral sense; and we strengthen the child's moral nature, we keep its purity intact, when we rely on this natural pleasure; we weaken it inasmuch as we encourage in its exercise mixed motives.

No doubt extraneous rewards are admissible sometimes, when we are trying to stimulate a sluggish disposition, or are endeavoring to establish a habit. I have known the offer of small pleasures act extremely well in such cases; but they were only used as leverage, and the moral conduct aimed at was of so moderate a pitch that it was not degraded by an inadequate measure.

To the order of natural rewards and punishment belongs one of the most powerful forces in the training of children—the approval or disapproval of those they love. In proportion to the excellence and beauty of the relation between parents and children, in proportion to the love between them, and the reverence of the younger for the elder, will be the strength of this force. It becomes an external conscience to the child, but a conscience so tempered by mutual love as to be a healthy, almost unconscious moral sense.

WHAT SHALL WE READ TO OUR CHILDREN?

BY HOUTAS P. DANIELLS.

THE desire for a story bears the same relation to the mind of a child that the craving for food does to his body. And how tenderly appealing to the mother's heart is the first dumb groping of the tiny opened mouth for its food. How careful is she that this food shall be of the best quality and from the purest sources, such as shall carry strength and growth to the tender bones and muscles.

But not always does she consider the parallel between the physical and the mental needs, and that soon the hungry mind will be grasping, as the mouth does now, at anything within its reach, seizing whatever is offered, either to its healthful nourishment or to the injury and weakening of its possibilities. The nursery should be as truly the place for "high thinking" as for the "plain living" so essential to the health of its little occupants, and as only the choicest and purest food is fit for baby mouths, so from the best literature alone should we gather food for infant minds, remembering that it is never too early to commence a systematic formation of taste for the true, the good and the beautiful.

And who, so well as the mother, can understand individual peculiarities and needs? One child may need to have his imagination stimulated, another to have it held in check or carefully guided. Some will need more help than others in understanding the difference between truth and fiction, and with such children, fairy tales, while admissible as a legitimate exercise of their own imagination as well as of mamma's, must be distinctly labeled "not true."

Goldsmith said, "The music of the finest singer is dissonance to what I felt when our old dairy maid sung me into tears with 'Johnny Armstrong's Last Good-Night,' or 'The Cruelty of Barbara Allen.'" But we need not go far from home for a proof of how indelible are the first impressions of childhood. Children's minds are not idle and vacant, simply because we have theories that they should not be taught until a certain age. The air is full of winged seeds, and we must pre-empt the soil if it is to bring forth the harvest we desire.

Let the children tumble around among the books in the library, which some one has said is the only foundation for culture. There does seem to be good in the very physical contact with

books, and children will always value and respect those dumb friends when they are early taught to turn the leaves and handle them with care.

The eagerness of children for a story is proof that we may very early cultivate a taste for history, "that most human of all studies," since its very life is narrative and biography. To aid us in training them to love and observe nature we have a great variety of excellent readers, prepared by sympathetic minds.

"We are always discounting the intelligence of children," says a wise woman, "talking down to them and thinking they don't understand," and it is probably this mistaken idea which leads to giving them the silly rhymes and jingles that are often thought the only things suited to their capacity. Instead of these, teach them only the best verse now, and the taste is being developed which later will give them power to discriminate.

Read them Scott's "Marmion," Aytoun's and Macaulay's lays, and the ringing verse will be as invigorating as a gallop in the fresh morning air, and the heroism of noble deeds will all unconsciously penetrate the soul. No matter if the boy doesn't know what it means, you have placed him in a healthful atmosphere; and does he or anybody know the meaning of the nursery rhymes?

Scott says, "Children derive impulses of a wonderful and important kind from hearing things read which they only partially understand."

Children's books, so called, are too numerous, and often a delusion and a snare. Many are mentally what digested foods are physically, weakening if too long in use. Another class are filled with accounts of very amusing pranks of naughty children; and still others, like the exquisite stories of Mrs. Ewing and Kate Douglass Wiggin, are too pathetic to be read to children; for the tender and sympathetic side of a child's nature rarely needs development, and when real sorrows are so surely the portion of every life, who can bear to see the sweet mouths quiver, and eyes that should be full of hope and sunshine dimmed by imaginary griefs?

To cultivate the imagination we have the folk-lore of the world from which to choose. The soothing rhythm of Hiawatha has charm for children almost before they understand words, the stories of "Uncle Remus" afford infinite amusement and entertainment; and let the name folk-lore include all we have been accustomed to class under the more ominous and forbidding title of classics, and which too many of us only learned to know when we could handle grammars and lexicons. The stories of the Iliad and Odyssey should be learned in the mother's lap, and their "immortal freshness, their morning brightness and fragrance" will never be lost; then when the time for grammars and lexicons arrives, it will be only meeting an old friend upon his native soil.

Let a globe be the accompaniment of all reading and story telling. One that costs only twenty-five cents can be in every nursery, and will be found a wonderful help to the intelligent enjoyment of the children.

We ought to have many like the child who was so fond of the story of "How Horatius Kept the Bridge in the Brave Days of Old," that nothing but a daily reading would satisfy him. One day the little fellow was heard spouting in the nursery, "Back, Lartius! back, Herminius!" when a crashing of blocks announced that the "ruin" had fallen and the eager cry followed: "Did you hear it, mamma? the bridge is down and the city is safe!" Another day he was heard murmuring, as he looked down at his bare toes:

> "This year the must shall foam
> Round the white feet of laughing girls
> Whose sires have gone to Rome!"

Then—"Was that the same Rome, mamma, where St. Paul lived?" for the Bible is a favorite in that nursery, and St. Paul one of the children's heroes.

PRESSING OUR BOYS INTO SERVICE.

BY CHRISTINE TERHUNE HERRICK.

"MAMMA, am I your little helper boy?" There is a touch of wistfulness in the voice and in the small, upturned face; but at the assenting smile and kiss that meet his inquiry, the expression changes, and the little fellow trots off to his play, proud and happy.

I used to scold him, sometimes even punish him, for his childish heedlessness. When I wished him to play quietly about the room, he would be noisy, and all my severity could not make him remember to gather up and put away his toys when he had finished playing with them.

At last I hit upon an expedient. I had a long, serious talk with the child one day, telling him of how much work I had to do, and of how he might help me if he only would. He listened gravely, with a comprehension beyond his years, and promised to be very good. Since then, the highest praise I can bestow upon him is to call him my little helper boy. He is only four years old, but he has always had a knack of carrying messages, and, besides doing this, he picks up odds and ends scattered about the room, amuses his baby-brother, and has learned to play quietly by himself with books, blocks, needle or pencil when I am too busy to be disturbed by his chatter. Of course he forgets sometimes. What child would not? But he is immensely improved already, and he gets no harm from learning to amuse himself.

From my experience of him and observation of other children, I have reached the conclusion that mothers can hardly begin too early to make children helpful. Without committing the grave blunder of burdening the young shoulders with too heavy responsibilities, there may yet be certain duties given to them whose performance will bring happiness. This principle applies to the children of the well-to-do as well as to those of the poor, and to boys as well as to girls. It is taken for granted that the latter should be helpful, but I have found many ways in which a boy can be made useful. One wee fellow of my acquaintance has won the title of Little Willingful from the cheerful alacrity with which he travels up and down stairs for papa's slippers or mamma's gloves or purse, or runs to pick up Baby's toys. When the baby takes his morning bath, his "big" brother is always close by to hand the powder-box or the brush and comb or the tiny garments. He helps gather together the shoes, stockings, etc., left from the morning toilet of his elders, and, with a small brush, does his part gallantly in the dusting. At night he picks up his toys and stores them away in his own especial cupboard, and in many other ways makes his little hands and feet of appreciable value in the light work of the house.

All these things and many others may small boys do. They may save the mother's weary back by collecting the scraps of thread and bits of paper from the floor, by restoring light pieces of furniture to their places, and even by using a dust-pan and brush upon the carpet or matting. They may learn to undress themselves at night, and to put on some of their own clothes in the morning. There will be mistakes at first, and an impatient mother will probably feel that it is less trouble to do the work herself than to sit by and watch the blundering little fingers stumble over the unaccustomed tasks. But the discipline is as good for her as the occupation is for them.

Upon the thoroughness of this early training may depend many of the habits of later years. No untidiness or slackness should be allowed, and the principle should be inculcated that what is worth doing at all is worth doing well. The manual dexterity acquired in early childhood is rarely lost. Small boys manifest no more awkwardness in handling the needle than do girls, and both are alike in their desire to "help mamma with the sewing." Now, in these years, before their school duties claim them, is the time to

teach the embryo men the useful accomplishments of sewing on buttons, mending rips and darning stockings. The knowledge will stand them in good stead in later years, when they are away from home, at college or in business.

Teach your boy early that there should be a place for everything and that everything should be in its place. Give him a cupboard or a closet or a big drawer of his own where he can keep his toys. Have nails in the closet low enough for him to hang his clothes on, and oblige him to put away his wrappings when he comes in from his walk or play. When he undresses at night, let him shake out each garment as he removes it, and hang it on his own little chair, ready to put on in the morning. As he grows older, let him, as far as possible, replace the buttons on his own clothes and shoes, and even darn his hose and repair his clothing, under your personal supervision. It will make him more careful, and he will receive no harm from having a share in the training which the daughters of the house take as a matter of course. He may thank you some day if you initiate him into the mysteries of bread-making and the cooking of meats, the mixing of salads, etc., and familiarize him with bed-making and dish-washing. Such homely knowledge has more than once helped a man when more ornamental accomplishments failed to do him service.

THE MOTHERS' PARLIAMENT.

Successful Lessons in Going to Sleep.

—Though there are many ways of putting a child to sleep, the most preferable, because the most natural, is to let him do it himself. When Baby is very young, if well, lay him down at regular intervals, each day, after feeding; and unless disturbed in some way, by colic, clothing or noise, ten to one he will go right to sleep, and forming the habit thus early, he will always expect to go to the Land of Nod that way.

But if, as in the case of my own first child, such knowledge comes too late to be of use in the beginning, the next best thing is to do it as soon as practicable. I placed Baby in the crib after his supper one night, when he was between two and three months of age; then before he had recovered from his surprise at such an unusual proceeding (as I usually rocked him till I was "ready to drop") I slipped into an adjoining room and began softly playing upon the piano, thus arresting his attention so that he did not cry, until

> "The Dustman, very gently,
> Took his little dimpled hand,
> Led him through the sweet, green forests,
> Far away, in Slumber-land."

It took twenty minutes of music the first night, ten the second, and the third night he understood that *crib* meant *sleep*, and immediately succumbed to Morpheus. He was naturally good-natured, because perfectly well.

He had a brother who was a "colicky" baby from birth, and consequently cross. I dared not attempt this method with him until certain that colic was a thing of the past; for I wished to have no doubt, if he cried, as to what he was crying about, nor did I wish to undertake the task until certain of my ability to perform it. For a contest once given up must be doubly fought whenever again attempted.

So Baby number two was six months old before the experiment was tried. I then placed him in bed, and after whispering softly to him a few minutes, meanwhile gently rubbing on the back and limbs, I left him. My "cross" baby cried seven minutes by the clock, although it seemed three times that. He cried a little every night for a week and then ceased entirely.

Make the last hour before bedtime a quiet one for Baby. Let the frolics come early in the day. Do not vary by five minutes the hours for his daily naps and for placing him in his bed at

night. Having once succeeded in getting Baby to sleep, let us keep him sleeping. Whenever a child begins to "nestle" in the night, gently turn him over and frequently the change in position will act as a quietus and he will once more sleep soundly. Gentle friction, on the back and legs especially, will often quiet a wakeful baby.

Do not think a baby is hungry every time he awakens at night. A drink of water will sometimes satisfy him as well as feeding. Children sleep much better in a separate bed, and after the age of six months a separate room is preferable, if it communicates with that of parent or nurse.

These methods have been tried and are entirely practicable, as I have known very nervous children to sleep from 5.30 P.M. to 6.30 A.M. after the age of three to six months. This rest was induced largely, if not entirely, by their training, if so it may be called, in that direction.—*E. S. D., Conn.*

An American Way.

—I have just quieted my colicky baby, and wish to tell "Anglo-American" how I get along with two children and but one servant. To detail a little, I have always been considered the most delicate girl in a large family—and my children are both bottle babies, for my husband thought it would tax my strength to nurse them. My mother-in-law—quite old—lives with me, and is, of course, quite a help in times of need. Still, although having two children, I do not feel the least inclined to nervous prostration. If I may take the space, I will tell of how the average day is passed.

Baby is nearly nine weeks old and Jeannette twenty-one months. Baby wakens a little before 6 A.M., is fed and then put into his hammock and swung gently while I am dressing. When he falls asleep I put all my "milk fixings," oil stove, boiled water, Mellin's food, etc., in the kitchen and then lie on the couch until breakfast time or oftener until a sweet voice is heard in Papa's room, "Chair, Mamma." Jeannette always asks for the nursery chair that way. She is then dressed and her teeth cleaned, and she is ready to help mamma put away papers, carry out Baby's diapers, even offering to hold Baby when he cries. After breakfast Baby is fed and laid on the bed wide awake to amuse himself, while I finish dusting the parlor and sitting-room (except on sweeping days). About 9.30 Lyle is washed, dressed, fed by his mamma and laid down again; then Jeannette and I go for our walk, which is always to do the day's marketing, with an occasional morning visit. At 11 o'clock Jeannette has her dinner, and then I lie on the bed with her until we fall asleep. After dinner is over—and it is a noon meal with us—I play with my babies, read, sew or make a few calls.

Lyle is put to bed by me and at 7.30 Jeannette is taken to bed by either papa, grandma or myself. Then I have time to enjoy my husband's society, either at home or abroad (and am never too tired to read aloud from BABYHOOD, which he enjoys as much as I). I have taught my girlie to amuse herself during the day; she is of a very mischievous disposition, but not hard to amuse, and will spend a half-hour seated at the bookcase hunting for "babies" in BABYHOOD magazines, is always ready to bring me a "daydi," as she says, and carries the bottles to and from the kitchen without accident. Of course all days do not pass so quietly; sometimes there are dire calamities and much colic—but we manage to pass through the ordeal, and think of the good times coming when I shall have such dear little companions ever with me.

To go to another subject, I cannot thank BABYHOOD too much for the suggestion made in regard to using hot water for colic. I give about a quarter of a teacupful in the nursing bottle, and seldom am obliged to use the entire quantity. —*Estelle Le Prevost, Clinton, Iowa.*

Truthfulness.

—All parents wish their children to be truthful, yet I think there are very few who realize how largely they themselves are responsible for the general tendency to untruthfulness in the little ones. One natural instinct in children is self-preservation—comfort—and they quickly learn that disobedience is apt to be followed by punishment—discomfort. So, as an act of self-preservation, unless the child has an unusually heroic temperament, he tells the falsehood that he thinks will save him from present punishment.

How can he discriminate between the relative evils? You tell him he must not do a certain thing, which he can see no harm in; he has learned, that if he disobey, he will be punished. We all know the peculiar allurements of forbidden fruit, and should have sympathy with the little ones, and not expect them to have more strength to resist temptations than their elders have.

You also have told him he must not tell lies, and add, perhaps, that if he does, "God will be

angry and punish him in the next world." It seems quite natural to me that he should *risk it*, for the time being, and try to ward off his present trouble, hoping, somehow, to make it all right in that other world when the time comes. Then, even if not found out in his untruthfulness, there will be times when he will be tortured with remorse, and fears of the torments to be inflicted upon him in the mysterious hereafter; and there will steal over his sensitive soul a sense of the injustice of the God they call Good, in whom he cannot find the loving qualities attributed to him if he will thus afflict his children. What a sense of utter helplessness comes over a child, who finds his pathway here strewn with trials, and is taught that beyond this life there lies another infinitely worse!

Children are natural logicians and reason in their little minds most forcibly. They know how their elders, who are all the time telling them about the evil of untruthfulness, are committing that very sin continually before their eyes—perhaps not deliberate falsehoods, but little deviations from the strict truth, which so many indulge in without thinking how quickly the child notices.

Instead of holding these little ones as naturally sinful creatures in whom we must constantly watch for errors, we should feel that they come to us veritable little angels from the Great Unseen,

"And trailing clouds of glory as they come!"

and our utmost care should be to keep them "unspotted from the world"—guarding our own selves, so that we may be the proper guides and leaders of these little pilgrims.

How would I teach a child to be truthful?

First, I would never punish him for *telling the truth*. No matter how great an act of disobedience he has committed, if he acknowledges it, don't punish him; the disobedience brings its own punishment. The child suffers mentally from fear of being found out, and if you take him in your arms and point out to him the bad consequences of such continued acts, you demonstrate to him that you are a loving friend trying to help rather than a stern parent whose word is law, and he will obey from love rather than from fear—which will be one great point gained.

Second.—I would never punish him for *telling a lie*. I would show him how useless it is. Children are poor dissimulators, and their lies are easily found out. I would impress upon his mind that if he continues in this way, you will never know when to believe him. Show him how his fault will become known among his friends, who will learn to distrust and shun him. He loves them, and he loves you, and in his inmost soul longs for your good opinion. What he does at first from love of you and his friends, and his unwillingness to seem unworthy in your eyes, he will afterward do from a sense of self-respect. He will then have learned a lesson in good citizenship, and you will have laid the cornerstone of character.

A young child cannot comprehend *why* a lie is wrong, except as an act of disobedience. You give him the abstract principle—you must not lie—it is wrong—I tell you so—that is enough. But when you inspire in his heart the desire to become an honorable member of society, that the world may be better for his having lived, then the foundation is laid, and will be easily built upon.

A great lesson we have first to learn. We must be strictly truthful ourselves. Do not distrust your child—always expect the truth from him—and you will be more sure of it than if you hold him in suspicion. Remember that a child's character is not formed in a day, but that he needs constant and judicious direction, and loving encouragement in right doing; and more than all, be yourself an object-lesson of truthfulness for him. That will sink deeper into his mind than anything else. Truth for the truth's sake should be taught, not for the sake of reward, or for fear of punishment, but that we may help to bring about the Kingdom of God right here on earth.—*Belle Spalding, Florence, Italy.*

Memory Training.

—It is a most unfortunate condition for a child when he expects to acquire his education through casual absorption. The Apostle Paul exhorts to give earnest heed to the things which we have heard, lest at any time they should be let slip. Speaking from experience, I regard the heedless way in which some pupils compass lessons and drop them out of mind as soon as recited one of the sorest discouragements of the school-room.

Mothers are the first teachers, and a part of home and school tuition lies virtually along one line. That is a fortunate "schoolma'am" who is spared on review day the overwhelming trial of seeing pupils who were believed to be fully prepared collapse like an empty bag. If it is true that the twig is considerably bent before it arrives at school age, then mothers have important preparatory work in hand in memory culture. Let one reflect how many and various are the

utterly inconsequential things the mind takes in once for all, and one is obliged to believe that there is room for essentials and power to retain them, if suitable effort is made.

A certain young woman whose education, on her passing an examination, was found to be surprisingly in advance of her apparent advantages, was asked the secret of her management. After a minute's consideration, she answered, "If there is any secret, it must be in the fact that I never have had to learn anything twice. Especially the help had from others was so limited that I took pains to treasure instruction as if it were gold dust."

It is above all essential that the child shall know what he knows. To possess the skill to fire the young intellect with such love and respect for intellectual and moral truths that these shall become fixed as soon as they enter the understanding, is as much superior to vain repetitions as the ability to drive a nail straight and clinch it is better than marring the wood and hammering the fingers sore with worrying it in slantwise and crooked.—*A* BABYHOOD *Admirer in Boston, Mass.*

Two's Company.

—Somehow, after I had read "Anglo-American's" letter in the March number, I felt like making myself especially entertaining to my small daughter, and devoted the next half hour solely to her amusement.

Baby Dorothy is thirteen months old, and since my nurse left at the end of her first month, I have taken the entire care of her. I do not "give up the best hours of the morning to washing and dressing" her, since both are over in half an hour; and I prefer to do them myself, as I then know that her bath is of the right temperature, that she is well rubbed and properly dressed. I do not think any nurse can perform these duties with the loving hand of a mother; and, though this may be a minor point, I am sure no one else would take the trouble to rub some curl into her exceedingly straight hair.

Since she was weaned, which was a month ago, I have prepared her food and fed her myself, and I do consider this a paramount duty, since her health so greatly depends on the state of her food and manner of feeding. She goes out twice a day, when the weather permits, and I take great pleasure in wheeling her carriage, as I am then sure that the parasol keeps the sunlight from her eyes, that she is gently taken up and down curbstones, and remains in respectable neighborhoods. I do not find that I derive less benefit from my walks to have Baby with me.

She does not sleep in my room, but has a sunny little nursery to herself, from whence I can readily hear her, and while she takes her daily nap from eleven to one, I either doze or read. She goes to bed at six o'clock and "we all have tea," and spend the evening in peace. This winter, as my mother is with us, my husband and I feel free to go out, knowing Dorothy is in safe hands.

This is the general programme; but, of course, she sometimes breaks through it and has a restless evening, or wakes up often in the night. She is very healthy, and a cold, lasting about ten days, has been her only sickness.

Now, could not Mrs. A. *share* more of her time with her boy, instead of "devoting a whole hour" now and then to him? Why could she not take him with her in her walks and drives? Would he not be helpful in the arrangement of the flowers? Every child loves flowers. Why must she "sit with the sleeping baby"? Could she not take her own rest then? In short, why could she not make more of a companion of him? Are his "superabundant spirits" more fatiguing than those "duty calls"?

I am not a fashionable woman, but I have a pleasant circle of friends, including several young mothers, who are doing just what I have written, and I am sure we do not look forward to "nervous prostration" as our fate.—*One of the Survivors, Troy, N. Y.*

The Greatest Need.

—The need of the trained nurse has been discussed in BABYHOOD, and those who have given the subject thought feel that her advent is greatly to be desired; but any one who studies the situation carefully knows that, so far as the baby is concerned at least, there is vastly greater need of careful, close-observing mothers than of trained nurses.

However efficient the nurse, her work is limited, and must necessarily remain so, but the mother's field is everywhere, her opportunities are practically without limit and without parallel. And the presence of the trained nurse will by no means obviate the necessity of the careful, close-observing mother, for the true work of the nurse is to aid the mother, not to relieve her of all responsibility. And if there are those who would wholly evade the personal care of their children, with its sacred duties and sweet privileges, they ought to be sure that those to whom they resign the work are capable and worthy; and of this

the careless, unobserving mother is incompetent to judge.

The physician can testify to the great need of the careful, close-obscrving mother. He knows how rarely she is found, and how inestimable her services are when her careful nursing and close watchfulness supplement his skill in bringing a patient through a dangerous illness, in which the slightest neglect or the least oversight would bring a fatal termination. And her services are not less valuable in preserving the health of her family, for the ounce of prevention is not forgotten or neglected. The quick eye notes the earliest departure from the normal condition, and an immediate change of diet or the prompt administration of some simple remedy often prevents a more serious illness. Nor is the gain in physical good alone. Such a mother reaps her reward in the moral and mental growth of her child as well, and the child is thrice blessed.

Of the careless, unobserving mother, it may be said that her name is legion, and that she exists in every grade, from the reckless, criminally careless woman up to the conscientious, devoted mother, who fails through what she believes to be a conflict of duties, or through lack of judgment and close observation, which would enable her to trace effects back to their true causes.

Two of my friends illustrate so perfectly the difference between the truly careful mother and the one who means to be and is not, that I use them here as examples. One is young and well, the mother of two healthy, happy babies, who have been trained to good habits and a certain independence of character. Their mother is both nurse and housekeeper, and the children must often depend upon themselves for entertainment and amusement, but they are never neglected. Their diet is wisely regulated, they are clothed in suitable woolens at all times, and the mild climate of Southern California enables them to spend much time out-of-doors. There is, however, a marked daily change of temperature here, commencing about four o'clock in the afternoon, when a brisk sea breeze sets in which is often chill and damp. The children are then taken in, and the mother plans her calls so as to avoid exposing them to the late afternoon winds. "Every cold," she says, "weakens and predisposes to another attack, and I guard against them so far as possible." And this is characteristic of her care in every respect. No fret or fussiness, simply a wise oversight which is never relinquished.

The other mother, who is a frail woman, usually under a physician's care, has lived nearly half a century. Her last child, a delicate little one, was afflicted through her first winter with bronchitis and an attack of pneumonia, in which life was despaired of. In the spring she could be taken out again, and shortly afterward I knew of the mother having her two miles from home late in the afternoon when an unusually chill wind was blowing. I learned subsequently that the child was worse for several days. Nothing could have induced the young mother to so expose a child, yet the older mother idolizes her children and agonizes over their sufferings.

We all know the pleasure-loving mother. Her children running the streets at will are a constant reminder of herself, and she has been censured and condemned so often that I need not do it here. But I want to say in passing that she is not the only mother who leaves her children too much to themselves. There are women of great religious zeal who are none the less guilty in this respect. That their motives are different from those of the pleasure-seeker makes no difference in the results to the children. Prayer and precept at morning and night will not save a child from moral contamination or bodily harm, if he is allowed during the day to expose himself to impure influences and physical dangers. There is no higher or holier mission than that of motherhood, and the woman who is faithful and constant and true to this calling will not be found wanting, though she may never find time for a wider field of labor than her own family. The reformation of the world must begin at the cradle, and while a mother's children need her, there are no conflicting duties for her outside of her home.

Three-fourths of the sickness and accidents of children are due to somebody's carelessness. A physician said to me recently: "If parents would see that their children are properly clothed and fed, not allowed to expose themselves needlessly or to become constipated, there would be but little sickness among them."—*Emma W. Jolliffe, Ontario, Cal.*

Purity in the Bath.

—Froebel teaches that a child may be made sensual or non-sensual by the manner in which he is bathed. A few moments' reflection upon this statement will, I think, convince any mother of its truth; and this great reformer of methods with children was no less right in this declaration than in the declaration of the many

other truths which have been so widely received and acted upon.

No mother having the good of her children at heart can help but be interested in the movement toward social purity, even though she may not take an active part among the leaders of the societies; and every mother can, and should, do all in her power toward keeping the thoughts and inclinations of her children pure from their earliest youth; if every mother would do this, the need for such societies would soon cease to be.

I am glad to believe that few mothers, even among those who employ help in the care of their children, are willing to give into other than their own hands the important care—important from many causes—of their children's baths. The amount of harm that may be done, and I doubt not often is done, by leaving too much to the supposed trustworthiness of a nurse, would be difficult to estimate. A bath should be one of a child's pleasures. Even the babies may be diverted by being played with or talked to, or even given some simple toy, and it would be a strange mother indeed who did not talk and play with her baby while bathing it; but if this is done for a purpose, it will be better done.

Older children are often sensitive to heat or cold, and many, from having nothing else to think of at the time, form a habit of complaint during the bath, which is as bad for them as it is trying to the mother. To all such, as well as to those who begin to show an undue consciousness of person, interesting stories should be told, and told in an attractive way—for in story telling for children, quite as much depends upon the manner of telling as upon the matter told.

When the mother sees by the expression, which she can read so well, that some objection or complaint is to be made, she should exclaim, in a manner which will arrest the child's attention at once, "Oh, Bessie, do you remember the story of——," and here let her mention or tell some story of which the child is especially fond; or, "Let me see, what was it you told me about——," some little adventure or game in which the child had been interested. Let her induce the little one, by her interest, to tell her about it again.

Interesting stories are the best means of diversion, when children are fond of them, but some mothers urge that they cannot keep their mind on the work in hand and at the same time sufficiently upon the story to make it attractive. This faculty might be cultivated in most cases, and form a good exercise for the mother; but if this does not prove successful, at least a lively conversation on some subject in which the child is interested can be kept up; or, as already suggested, the child can be induced to tell some of his own adventures by occasional well directed questions.

In this way the mind will be diverted and the bath be made enjoyable; and the mothers who keep the bath in their own hands and use these or other means of diversion, will never have cause to regret the time and thought thus spent.—*J. D. Cowles, Minneapolis, Minn.*

Training our Children to be Helpful.

—We all agree that it is good for children to be helpful, good for them and for us—that if they are busy they are happy, a comfort to themselves and a pleasure to us.

The most important step in training a child to be helpful, as in training him to any good quality or habit, is to *begin at the beginning*. And the nearer we come to beginning at the beginning, the better for him and the easier for us. A certain mother asked her doctor at what age to begin the education of her child. "How old is your child now, madam?" "Three days." "If you have not already begun you have lost three days."

We are forming habits for our children from the beginning; let them be habits we want them to keep through life. This habit of helpfulness may take its first step when we ask the baby to put something in mother's hand; its next step when we tie its first toy by a string to its chair or carriage, so that it soon learns to draw the toy back when it drops; its next when the toy that falls where he cannot recover it himself lies where it fell, this being negative teaching to prevent him from making work for somebody else; another when we teach him to hold out his arms in turn to have the sleeves of his clothes drawn on, though the day when he may dress himself will be years in coming.

As soon as he has the power of locomotion by rolling or creeping, he can fetch and carry many little things; some we may ask for because we really want them, some we may make an excuse of wanting in order to form the habits of helpfulness and of happy obedience, some we may speak of just to keep the child busy. These simple things, so often overlooked, are of great value. They are a physical benefit in the exercise fur-

nished, an intellectual benefit in the activity of mind and growing knowledge of language, and a moral benefit in the consciousness of helpful action and in the habit of obedience.

"He who goes not forward, goes backward," says a German proverb. If we let the precious present slip by unimproved, we not only deprive the child of the forward impulse we owe it, but we give it a backward impulse with each deed of commission or omission. If we have not made a good beginning, let us begin here and now.

One early step a child may be led to take is to require nothing from his mother that he can perform for himself. He can keep his material property out of her way and in order. This implies that his mother is an orderly woman with a place for everything and everything in its place, a place for everything of the child's within his knowledge and reach, and appreciation of his efforts toward order. Let him have a bottom bureau drawer for his clothes, a corner of the bottom shelf of the book-case for his books. He will be happy to pull out his own book and respect his mother's ownership of all the others. Let him have a certain low hook for his cap and coat, and let him take them from the hook himself, as well as put them back after using. Let him above all things have a place he likes for his toys, which are the "tools of his trade."

To one little boy I know, who could only creep, his mother used to say twice every day, "It's time for your nap now, put your playthings away," and he would creep all over the room, bringing the scattered toys one at a time to their place, enjoying the work more than he had the previous play by far, because he felt that the attentive and approving eyes of his mother were following his motions. When he was older, and younger children had come to claim his mother's time, so that she could not follow up her requests always by attention and approval, his action was not uniformly so prompt, obedient and happy, but varied on his part as she had varied on hers. And she found it much harder, and more irksome, too, to bring back the old habit, than it had been to form it in the first place. It then became necessary not only to show disapproval of his new ways, which would have been a sufficient punishment in the old days, had it been required at all —as her approval was sufficient reward then— but to allow his disorder to be followed by its natural consequences, in accordance with the valuable advice given in Spencer's "Education." The toys were confiscated "to help him remember," she told him. He would soon come and ask for a favorite toy, saying, "I'm remembering now," showing he understood the reason and justice of the deprivation; but he had to keep "remembering" "till Sunday," the day of general restitution—one of the small ways she took to make Sunday a day of joy.

When he failed to draw his chair back from the breakfast table unreminded he had to be content with a lower chair from the kitchen for dinner; if he neglected that, he had to stand up to the supper table and turn over a new leaf next morning.

But besides what a child may do toward performing work which his own needs demand, he may be a real help to his mother in her labors, and may begin this also very early in life. Some mornings a certain little boy of four and a half says, "Now, mother, I'm your helper boy, what shall I do?" So the little volunteer runs the sweeper up and down the stripes of the carpet, calling it an engine on the track, and saying "choo choo" till there are no more worlds to conquer. He carries the empty hod to the coal-bin, and fills it by hand, ready for somebody else to lift; the empty bucket to the faucet and fills that, and brings in the kindlings for to-morrow. He feeds the chickens, rakes the back-yard and keeps it in order. He likes to black his boots, though his elders do not think it worth their while to follow his example. He asked to black the stove one day, and was allowed to polish about two minutes, when he was all out of breath. He carries notes and magazines to neighbors, calling himself an expressman with wagon, or a postman; or with little playmates and a line of wagons he is a whole train delivering freight in all the cities he can name.

One day another little chap of five and a half saw the dishes draining on the kitchen table. When his mother returned from another room, he was standing on a chair and wiping the last one. His face was a picture of happiness, and his service the sweetest his mother could have.

One of the best boys I ever knew, when two and a half years old, used to hold on tight to the stick of wood his father was sawing, and was happy to think himself as necessary in the work as the saw or the sawyer.

Another little one of four, this one a girl, had been very hard to impress with any desire of helpfulness, and quite impossible to train to three consecutive minutes of application. One day she volunteered to empty the vase in which her

mother put burnt matches, threads, etc. The mother soon found her motive was the hope of finding an old button or other treasure; but this being the first voluntary step on the child's part, it was a great happiness to the mother, and the vase was her little daughter's especial charge from that time.

Marion Harland says, "All good wives are sure they could have brought up their husbands better than their mothers-in-law had." Had some of our mothers-in-law trained their boys to helpfulness and order in their early days, we should not be putting away papers and clothes after those husbands now, nor laying out their handkerchiefs and stockings, nor hunting up their hats! Many of us, indeed, have to follow them around the house to bring order out of chaos.

It follows that all the good we can bring to our children's character now is an impulse felt during their whole lives, and touching an ever-widening circle they in turn reach. "Now is the nick of time. In matters which reach into eternity now is always the nick of time."—*Alice Locke Park, El Paso, Tex.*

Mrs. Robinson's Way.

—On an afternoon of dreadful heat last summer—the third day that the mercury had climbed like the arithmetical frog-in-a-well without falling *pro rata* at night, and while the problem was how to survive—I stepped into my neighbor Robinson's to see how the robin son was bearing this fervid introduction to his first summer. Charlie is a child to be coveted, but since this submerging by the hot wave I had thought with pity of the mother in whose place I should feel the abject peril of his melting away before my eyes. If we who were mature and strong could scarcely endure, what was to be expected of a tender infant?

It was with a sense of relief that I found Mrs. Robinson comfortably employed in cutting out a garment on the dining-room table. My imagination had pictured her in her chamber nursing a worrisome little sufferer, wearily, anxiously. Speaking for one who could not speak for himself (though his actions spoke louder than words), she laughingly begged me to excuse the young man from the tropics in native costume.

Could there be a better reminder of an unfledged bird than Baby offered just then? On the floor was spread a folded blanket, with a flat pillow at one end, and here on his back lay the seven months old little fellow, kicking high and catching his feet in his hands, the picture of innocent content. He wore a napkin—only this and nothing more. It was good to sit and watch the baby in the full freedom evidently enjoyed. One could almost see him grow.

After a half hour Charlie left off playing, nestled a bit and uttered a whimper or so; whereupon his mother, glancing at the clock, remarked that Baby knew that it was time to have his milk. On its being brought, and it appearing to be her intention to proceed with shaping and basting, I proposed taking the child on my lap and serving him his meal. My offer was declined, with the observation that the weather was unfortunate for that kind of coddling. So with only a change of position convenient for the support of his bottle, Baby was restored to happiness.

Three weeks after this, mamma and children—the boy is the third, and the births have been at pretty long intervals—went away to spend the season on a farm. Word came back that Baby was prospering finely; but what a surprising advance a healthy child turning the last quarter of his first year does make in a couple of months! When he returned in September how plump and alert Baby was! He had cut three teeth, and had not seen an hour's illness. He had found what his hands were for, at least to his own satisfaction; and in the manner of grasping his beloved bottle and changing its angle according to the exigencies of the case, there was no little independence, not to say science.

He had learned to creep and to pull himself up by chairs, or attempt the same with objects less reliable, such as his mamma's bamboo workstand, when a general upsetting would give him other valuable lessons. Quite commonly a child at this stage is encouraged to bear its own weight, to stand—and, I may say, is drilled in the art of walking. Not so with Charlie, as I was told upon inquiry; he had been left to the natural development of his physical resources.

He made few attempts to sound words and names, though his monosyllables in an unknown tongue were often as intelligible as good English to those immediately about him; and that he understood much that was said was in bright evidence. One most amusing little trick that had doubtless been taught him was to wave good-by. He makes no mistakes. He waves papa good-by when going to business; it is the same when the little sister starts out to her "gifts and occupations" at the kindergarten; and again when he sees the tall sister who takes him out in his

baby carriage on school holidays put on her hat and cloak; but on their coming in he receives them with smiles and crowing.

Baby's funniest and most frequent good-by is to mamma whenever he leaves her arms for an excursion about the rooms, and this, I am told, he has taken up by his own small wits. I was sitting beside them on a sofa when Charlie signified that he wanted to be let down to the floor from his mother's lap. He made off directly, but had covered no more than two figures of the carpet when he halted, looked back over his right shoulder and began waving his hand, and this he kept up till mamma responded in the same fashion, after which he continued his pilgrimage on hands and knees.

A minute later he was standing by a chair. Another minute and he was down. He had lifted his hands, and the little legs that as yet understood their mission so imperfectly, gave way under their burden like cotton rolls. The solid little form struck, tilted over and the head got a smart bump on the floor. Instinctively, I all but sprang to his rescue, while there sat the mother with palms pressed together, watching him calmly and without special concern. Not a sound from the child, who did not so much as look in our direction, but gathered himself together and was ripe for further experiment. To set up an ado for every trifling mishap, to be caught up and cosseted as though some strange thing had happened, is among the things which, fortunately, Charlie Robinson has not been taught, though he easily might have been—to what loss in energy and self-reliance all through coming years, who knows?

I approved Mrs. Robinson's way. For an idol of parents' hearts, Charlie is being brought up with sound judgment.—*Lavinia S. Goodwin, Boston.*

THE MOTHERLINESS OF THE KINDERGARTEN.

I THINK the simplicity of ways and means in the kindergarten has a moral influence upon children of all classes. To make the most out of little is the daily lesson. The blocks, the sticks, the lumps of clay, are so homely, so unpretentious; yet hear the hum of sweet content when the little people are at work or play. I have learned more philosophy, more self-control, with the children's eight little cubes, or the six or eight little sticks, than I ever learned by any agency in the world.

It is almost impossible to find a simple, natural, healthy, bread-and-butter child in these days. Take the question of toys. Every thoughtful person knows the simple, old-fashioned playthings are healthful. Imagine a child who has only to press a button and the toy does the rest! Imagine a child brought up on talking dolls that say: "Pa, Pa; Ma, Ma!" Already they have begun to improve on her. An electrician told me of a superb altruistic doll, just to be put upon the market. You press a button and ask the test question, "Will you have some candy?" when with a smile she will answer: "Give brother big piece, give me little piece." If the thing gets out of order, and I devoutly hope it will, it will return to the state of nature and horrify the bystanders by saying: "Give me big piece and give brother little piece." Think of having to play with a model of propriety, a high-minded monstrosity like that! Does it not make you long for your dear old darkey doll with the raveled mouth and the stuffing coming out of her legs, "creatures not too bright and good for human needs"? That darkey, how we loved her! With what devotion we nursed the one with the broken head! In these days a new head can be bought and replaced. Would the children of those dear, dark ages have thought of taking off the head of Belinda to buy a strange head and gluing it on to Belinda's body? Dolls had a personality in those times, and have yet to a few simple backwood souls. Think of Charles Kingsley's song, "I once had a little doll, dears." Can we imagine that being written of one of these?

Last, but not least, the physical culture that goes on in the kindergarten goes on in the right direction. Deadly vices are nourished in the weak, diseased bodies in tenements of great cities. If we could draw every three-year-old child from these influences and give them three or four hours of sunshine and health, and if we could see kindergarten games in all the parks, we would be doing humanity a tremendous service.

I have sought to show in this lecture what is the relation of the kindergarten to social reform; that it is a plan of reformation, which in view of certain evils of the day we would do well to follow, first through the development of the child's powers; second, by the attempt to make moral culture a little less immoral, looking to the growth of moral self-directing power in the child, therefore resulting in temperance, self-reliance and industry, none of them drawing-room accomplishments and therefore in small demand.

It is easier in my opinion to raise money for the free kindergarten than any other single charity. To the self-made man who thinks other schemes unprofitable show how the kindergarten teaches industry, self-reliance, and he says: "Oh, that is good sense, count on me, I never went to college, look at me!" You look at him, and if you look at him with even common intelligence he gives you money. Show the man interested in art how the kindergarten is a primary art school. Explain the influence of music. Tell your story to the great-hearted man, and as soon as he can see through his tears, show your subscription book.

Take your skeptic into your kindergarten, and let him see for himself. The mother-heart is generally sound on this subject, and needs little persuasion. But getting money is not the only work of a kindergarten association; there is more delicate and difficult work. It must have its kindergartens carried on in the proper way, that the public may have good object lessons before their eyes, spreading the details as well as the technicalities of the work, showing people the soul of the method; and when all is said and done the heaviest of the work falls upon the kindergartner. That is why I am convinced we should do all that money can do, so that women of culture and genius will gravitate toward this work. It is the women who can make the kindergarten the center of regenerating life, who must press these noble theories into practice. There is no more difficult position in the universe than that of the kindergartner, though she be sometimes treated like a nursery-maid; and my mind convinces me the kindergarten is truly something on the road to perfection.

There is no more beautiful and encouraging work in the universe than taking the babies and giving them a bit of motherliness. The kindergarten is the mother to the motherless and the father to the fatherless. If one can give money only, even a single subscription, give it. If she can give time, give that; perhaps she has only time for the right words spoken in season. Do not lose the opportunity. There is no woman worthy the name who cannot give a heart throb or drop a tear as a thank offering for her children, or as a pledge for the hidden future or a consolation for empty arms. Of course men can solicit or sit on school boards and preside over assemblies, and give an air of strength and solidity to the undertaking, but the real work must be done by women.—*Extract from Mrs. Kate Douglas Wiggin's lecture on "The Kindergarten in Relation to Social Reform."*

NURSERY PROBLEMS.

Diet and Sleep at Eleven Months.

To the Editor of BABYHOOD:

I have a little daughter eleven months old. She weighs 21½ pounds, has two teeth, and can pull herself up by a chair. She seems in every way a healthy child, but I am not satisfied at her irregularity in sleeping. She sleeps in the daytime often an hour and a half, sometimes two hours, frequently an hour, and, oftener than I wish, only half or three-quarters of an hour. She goes to bed at six, and gets up soon after five, generally, when she wants to be fed, although I give her one night feeding at about ten. Very often she wakes before that, but I can make her go to sleep by patting and coaxing. Then she will occasionally wake up at other times during the night, and because I do not think it best to give her more to eat I have often known her to cry almost continuously for two hours. When I have been occasionally driven to feeding her in self-defense, she takes it eagerly and goes to sleep. She cannot be in pain at such times, for the lighting of the gas will stop her. I do not take her up and rock her or play with her, because I do not think night the time for such things. Her food is this: four times, from 5 A.M. to 6 P.M., 3 ounces of thick oatmeal porridge, strained through a fine sieve, and 4 ounces of whole milk (this seems to be

all she wants at one time). At 10 P.M., about 5 ounces in the same proportion. I have tried substituting a cup of beef tea for her midday meal, but I did not think she was as well after it ; so, as she did not crave it, I gave it up.

(1) Am I giving her food enough, and, if not, how shall I increase it ?

(2) Shall I feed her at night ?

(3) Should she not sleep more ? Some babies I know sleep from half-past five until six or seven next morning.

(4) Also please tell me if you consider it cruel or injurious to take a child out in her carriage during the winter without any protection for the eyes ?

Cambridge, Mass. MRS. G.

(1) The amount of liquid is not up to the average, but its composition is; the food is probably considerably richer than that which most children of eleven months take, and very probably she gets enough. The amount taken at one meal might be increased if she is willing to take more, which you think she is not; or, by making the night meal later, 11 to 12 P.M., another meal might be inserted in the day (say 5, 8, 11 A.M., 2 and 5 P.M., or thereabouts), but we are not sure that it is necessary. Opinion upon such points depends upon the evidences of nutrition, which can only be judged after personal inspection.

(2) We think that night feeding, in the ordinary sense, should not be begun. Have you tried giving her a drink of water when she wakes and cries ? Probably you have; as readers of BABYHOOD well know that thirst, and not hunger, is often the cause of the complaints.

(3) She sleeps in the twenty-four hours, on an average, twelve to thirteen hours. It would be better if she slept more, but we cannot say that this amount is abnormal. Babies vary very much within the limits of health as to both food and sleep.

(4) If there is much dust, or very high wind, or glare from snow, a protection is desirable.

Lime-Water ; Misshaped Jaw from Thumb-Sucking.

To the Editor of BABYHOOD:

Since last Christmas, when I received BABYHOOD as a present from my husband, I have been a delighted reader of it, and find it an invaluable aid in caring for my baby. As I am not the fortunate possessor of back numbers, will you kindly give me some information upon what follows ?

My baby boy is a little over one year old. He has cut the four upper incisors and the two middle lower incisors. The first upper incisor cut through a little before his eighth month. He walked alone a few days before he was one year old. He weighs 22 pounds. He has always been well, and performs the good-natured baby trick of thumb-sucking very successfully.

His food consists of three-fifths milk, one-fifth strained oatmeal gruel, and one-fifth cerealine gruel. The last is a wheat preparation. He is fed five times during the twenty-four hours, at intervals of three hours, beginning at 6.30 A.M. He takes 9 ounces at each feeding.

(1) At what age will he probably cut his canine teeth ?

(2) If he continues to do well on the food mentioned, will the quality nourish him sufficiently during the summer, say until October ?

(3) How much shall I lengthen the intervals between feedings, and increase the quantity at a feeding, as he grows older ?

(4) For what purpose is lime-water put into food for babies, and what proportion of water and lime is used in its preparation ?

(5) How much lime-water is required for 9 ounces of food ?

(6) In your personal observation, have you ever seen children whose teeth projected, or whose upper jaws were V-shaped, because of having sucked their thumbs ? My physician says that the permanent teeth absorb the processes of the milk teeth, as well as the roots, and consequently the permanent teeth cut an entirely new channel as they come through the gum. He also says that the position of the gums while the milk teeth are present does not in the slightest degree affect the final shaping of the jaws. May I be favored with your opinion of his theory ? I. T. G.

Pulaski, N. Y.

(1) The four teeth are usually cut between the sixteenth and twenty-fourth months.

(2) Probably.

(3) He will probably need his present number of meals for some time. When he begins to take more solid food, three of the meals are more important than the others—say a breakfast early, a drink of milk in the middle of the forenoon, a dinner about 1 P.M., supper about $4\frac{1}{2}$ to 5 P.M., and a good night drink of milk. If a child wakes so early that the breakfast cannot be easily gotten ready, the milk may come first, the breakfast about 9 A.M., and then the rest. Some children take such good meals that one drink of milk may be dispensed with.

(4) In proper foods to render the food alkaline in reaction, as is breast milk. In foods that are liable to sour either before or after eating it is often used to hide the sourness. It rarely prevents the souring, in our judgment. Lime water is made by dissolving as much quicklime as the water will dissolve, that is to say, about 1 part of lime to 750 of water.

(5) A food made from sweet milk would require about a tablespoonful to make it slightly alkaline. When gruels are added it is safe to test the reaction with a piece of litmus paper procured from the apothecary (he will show you how to use it), and add lime water until the mixture no longer turns the paper red. The same amount can then be used for other mixings, it being presumed that one is like another.

(6) We have often seen the V-shaped jaw in

children who were thumb-suckers. It is reasonable to suppose that the habit was the cause, although it would be impossible to prove that the jaw might not have had this shape had the child not sucked its thumb, because such shaped jaws belong to some families, and no one can recollect whether or not the elders were also thumb-suckers. Further, we have seen other and more complicated distortions of the upper jaw, and even of the nose, caused by the pressure of thumb-sucking, which it required much trouble on the part of the dentist, and expense on the part of the parents, to correct. Those who have given most study to the matter (scientific dentists), whose opinions we know either by reading or conversation, agree in considering thumb-sucking a potent if not the main cause of the V-shaped jaw.

Oatmeal Gruel; Sore Mouth.

To the Editor of BABYHOOD:

Our first baby came to us twelve weeks ago and started out in life as all well-behaved babies should, showing no signs of colic and taking kindly to the breast from the hour of its birth. Immediately upon her arrival we subscribed for BABYHOOD, but there are several subjects upon which I would like information that is not contained in my numbers.

Very unfortunately for both Baby and myself, before she was a week old I was dangerously ill of pneumonia, and the illness continued so long that she was forced to artificial food. At first she was given Horlick's malted milk and oatmeal gruel alternately. Now, however, she shows a positive dislike for the malted milk, often refusing it altogether, at other times taking it but throwing it up very sour, although we give her lime water with it. Lacto-Preparata serves her the same way. She is very fond of the oatmeal gruel, and it never sours on her stomach. However, she is troubled often with an eruption on her face, appearing about once a week and lasting a day or two, and I am afraid this comès from the oatmeal.

(1) Do you consider oatmeal gruel a safe food to use altogether for the little one?

(2) Would it be better if mixed with cow's milk?

(3) Are there full directions in any of your back numbers for sterilizing milk?

(4) My baby is troubled with a very sore mouth, which is exceedingly painful when she nurses. I have heard of bottle babies suffering thus for months, the ulcers often leaving scars for years. Is this the common fate of all poor babies who must nurse from a bottle, and is there no preventive or cure? It seems to be a rubber poison. I have read of silver and porcelain nipples, but have been unable to find any. Do you know where such articles can be purchased? If I can get any help from you for these troubles I shall be very grateful.

Spencer, Ind. MRS. P.

(1) We do not consider it alone an adequate food, nor in great quantity a suitable one for so young a baby.

(2) Yes.

(3) Yes, in several places. In the number for June, 1891, you will find an extended article which describes in detail the whole process.

(4) It is not the "common fate" of bottle babies. Some babies who are feeble get sore mouths, whether on the bottle or the breast. The commonest cause of sore mouths is neglect of the details of tidiness. You will find directions for scrubbing and cleansing the nipples in the article referred to, and such cleansing would be just as necessary if you had metal, porcelain, or even glass nipples. Besides, the child's mouth should be cleansed before nursing, and quite thoroughly after nursing, if a tendency to sore mouth exists. Ordinary borax or boric acid solutions are good, but others are used according to the condition of the mouth, as directed by the physician. Metal and porcelain nipples are objectionable, especially the metal, even if they can be obtained. We have not seen one in a great while. The old ivory mouth-piece, too, has gone into deserved retirement. Rubber nipples of good quality, if properly cared for, will give you little trouble, we think.

A Dictator of Five Months; Lancing the Gums.

To the Editor of BABYHOOD:

(1) My little girl is five months old, and has always been a very good baby; but since she has learned the difference between her mamma and nurse she sometimes cries very hard when left with the nurse, but as soon as I take her she stops and does not even give a sigh. Do you think it hurts her to cry so hard? She has been a remarkably strong and active child from the first.

(2) What do you think of lancing the gums for the sake of helping the teeth through?

Grass Valley, Cal. F. G.

(1) We do not think that the crying will do much harm, nor do we think that the habit will continue long after she discovers that it makes no difference. You would better keep out of her sight or send the nurse out with her, of course first assuring yourself that the child is kindly treated by the nurse. Unless you propose to allow Baby to dictate to you in all things, you may as well teach her that it is useless to cry for things you do not wish her to have, your society included.

(2) We have no routine method. Lancing may be useless if done needlessly. But when the gums are hot and swollen lancing gives great relief; and if it does not hasten the eruption of the teeth, it diminishes the suffering of the process.

Premature Use of the Cup; Mattresses; Hiccoughs.

To the Editor of BABYHOOD:

(1) My baby is three months old and weighs 20 pounds. He has one-third milk and two-thirds

Mellin's food and water. Could I teach him to drink from a cup and stop using a bottle before warm weather comes on, or would a bottle be better?

(2) What kind of a mattress and pillow is best for a baby, and ought there to be springs on the bed?

(3) What is a sure cure for hiccoughs?

Webster, N. Y. Mrs G. H. C.

(1) We think that a well-cared-for bottle is preferable for a child until he is six or eight months old at least. Sucking mixes the saliva with the food and thus aids its digestion.

(2) A firm flat hair mattress and a thin hair pillow. Springs are not necessary.

(3) BABYHOOD does not deal in "sure cures." Careful feeding, without overfeeding, is a useful prevention; so is quiet rest after feeding, without tossing, trotting, etc. Among the commonest remedies is the careful feeding with a spoon of water, hot if there is any sign of colic. The act of swallowing, as also crying, laughing or sneezing, interrupts the spasmodic action of the diaphragm, which constitutes hiccough.

Coaxing to Sleep; Night Nursing; Weaning.

To the Editor of BABYHOOD:

(1) What is the best way to put my six months' old son to sleep? Sometimes he nurses to sleep, and when he does not, a nurse, who thinks a great deal of him, walks with him until he goes to sleep. He is now getting too heavy for that, and I have been wondering what is the best way to arrive at perfection, that is, to put him in his crib awake and allow him to go to sleep without further attention. I can't bear to have him scream himself to sleep, and, besides, we have several nervous invalids in our house who could not stand the noise. Can BABYHOOD help me out of this predicament?

(2) I also have seen in BABYHOOD several allusions to weaning children from night nursing. Is it too much to ask how it is brought about? None of my acquaintances have ever done any such thing.

(3) When a child is weaned at thirteen months (my baby was born on the last day of August, and my nurse said that next October would be soon enough to wean him), what food is best for him to take and how often? Also can he have any fruit, and if so, what kinds? This is my first baby, and I am very ignorant about what to do for him, but I wish to learn and to do the best way. I shall be very grateful if you can answer these questions for me. AN IGNORANT MOTHER.

(1) There is no easy way to break up such a habit. Were it not for the nervous invalids, we should say better fight out the matter now than later. To fall asleep while nursing is a natural method of going to sleep, and many children continue to go to sleep with the bottle, or soon after taking it. But the habit of being walked to sleep is quite an unnatural one, and if acquired, is usually not relinquished without a struggle. It is too late now to say that the nurse ought never to have been allowed to walk with the baby. The best suggestion is the weak compromise of "tapering off"—first, rock him to sleep, then hold in the lap till he sleeps, then lay him down and caress him to sleep, and then stop assistance altogether.

(2) There is no "tapering off" possible here. The breast must be given or denied. It may be denied at one hour or given at another, but whatever rule is adopted, must be adhered to. When he is older and partly fed by giving larger meals, he will go longer without complaint.

(3) You may be obliged to partly or wholly feed him before he is thirteen months old. Few mothers nowadays can properly nourish a child without help after nine or ten months, and a good proportion cannot go so long. At thirteen months he can have pure cow's milk, slightly warmed, if he has a robust digestion; or slightly diluted milk, if he is less robust in this particular. If you are obliged to partly feed earlier, then he will, during the hot months, probably need some specially prepared food. But if this occurs, you would better ask advice fitted to the case from your physician. He should have no fruit, in our judgment, until autumn, and we do not, unless as medicine, like to give fruit to children under two years of age. Orange juice may be given occasionally, but not near a meal of milk.

Suspicion of Worms; Putting to Sleep; Exposure in the Bath.

To the Editor of BABYHOOD:

(1) Is it absurd to think of a little baby four-and-a-half months old being troubled with worms (the round)?—a light, nervous sleep, indigestion and rubbing of the nose being the indications. She sleeps well during the night, and quietly—about eleven hours—waking two or three times to nurse. In the day-time she is fed at intervals of every three hours. During the day she rarely sleeps over three hours, including all short naps, and the character of that sleep is very light and restless, being disturbed by the slightest sound, the hands outspread ready to flutter; and sometimes, if she sleeps directly after feeding, a slight cough or a swallowing occurs, occasionally followed by the bringing up of gas, which may, but does not always, wake her. At times she wakes with a startled sound, at others, though not often, with a cry. If not falling asleep until some time after nursing, she is a little more inclined to rest easy. She has always been nursed, taking only in addition a very little of Murdock's Liquid Food in warm water—water not having been until lately boiled. For the first three months she had a great deal of trouble with her stomach, and with colic. This has nearly disappeared, though she has days yet when she throws up her food.

Her appetite seems uniform, her bowels are regular—one movement a day of good appearance. I want to state, also, that she has had some little rash at times, and that the rubbing (now of the nose) used to be a rubbing of the ear, and now

sometimes extends to the eyes. She weighed about 6 pounds when born; now weighs 14 pounds, and is quite strong. She has no teeth, and, so far as I know, no immediate signs of any. She used to have screaming spells, but these she has outgrown, though continuing as nervous, excitable and wakeful as ever.

If her trouble seems to you to be caused by worms can you not suggest some treatment, for there are no good baby doctors at hand? How can I make sure of the presence of worms, or, more happily, of their absence?

(2) As it is a difficult matter to get her to sleep, we have tucked her well into her baby carriage and rolled her around the room to accomplish it, jogging it when she was likely to arouse. Do you approve of this?

(3) Placing a baby for its bath in a tub of water, its arms and shoulders remaining bare, is there not danger of its taking cold? ANXIOUS MOTHER.

Carroll, Iowa.

(1) There is nothing absurd in the thought, but there is also no proof of the existence of worms. The one proof of worms is ocular demonstration of their existence. The other many and various symptoms popularly supposed to indicate their presence are really only symptoms of irritation (and of a catarrhal condition) of the intestinal tract. Worms may be associated with or even the cause of such irritation, but more often they are not. In cases when it seems desirable to determine the point, a few doses of some safe anthelmintic (santonine is one of the best), followed by a dose of oil, will usually bring out some of the worms if they exist. But in the case of your child we should not try the treatment, because her earlier digestive disturbances are quite sufficient to explain the later symptoms.

(2) It is not an ideal plan, but practically no worse than a rocking cradle, and may be permitted until you are able to do better, which may not be for some time.

(3) Not if these parts are frequently sponged with the water of the bath. The immersion should be for a moment or two to rinse off the surface and especially the soap used about the places where it is needed.

Exclusive Milk Diet.

To the Editor of BABYHOOD:

Would it be an advantage to a baby, one year old last January, to be kept on milk alone until fall? I nursed her for several months; since then have given milk, slightly diluted, with trace of salt. Once, when she was over a year old, I tried a thin oatmeal porridge; later I tried a gruel made from the whole wheat flour boiled in salted water and afterward thinned with milk. She enjoyed both much, and at first each seemed to agree with her; but after a few days, additional constipation (she is always inclined to constipation) showed itself, accompanied with great flatulence, which kept her wakeful evenings and restless during the night. Both times I returned to milk with good results. If she is to take more during the summer I wish her to begin before warm weather comes. She is a tiny child, weighing 18 pounds, but is well and more than usually forward. She walks all around, talks a little, and has just cut three double teeth with but little trouble.

AN OLD SUBSCRIBER.

It is not usually an advantage to keep a child so long on milk alone, and we believe that the child could take some cereals if you persisted in the trial. But we also have little doubt that on milk, pure or but slightly diluted, it could get on very well until, say, October, when it would be about one and three-quarters years old.

Medicine for the Sick not a Dietary for the Well.

To the Editor of BABYHOOD:

Under the head of "Digestive Difficulties" (March), you advise against very warm drinks being given a child, in the probability that the practice has caused or aggravated lumpy fæces and the sluggish state of the bowels of which the mother complains. Now, as we are all "children of a larger growth," and the hot water cure for dyspepsia has been so strongly and widely advocated, will you please give your readers more on this subject, showing how these seemingly conflicting propositions are reconcilable, if they are so indeed? INTERESTED SUBSCRIBER.

Boston.

It is rather outside of our scope to discuss plans of treatment as applied to the diseases of adult life, and especially after they have been taken up as popular fads. But we may state that the use of very hot water as directed by a thoughtful physician for a specified time and to accomplish a specific purpose is very different from the intemperate use of the bland beverage by Mrs. A because Mrs. B says she "was affected just so." Further, we may say that if all that is claimed for the therapeutic use of hot water in certain diseases by its enthusiastic advocates were true, it would be quite another matter when it is used as a part of the diet of a sound person. We have a very good opinion of the use of castor oil or quinine, for instance, in certain cases or conditions, or of the application of a hot water bag externally, but we have a very poor opinion of those drugs as articles of diet or of that application as a part of customary apparel.

Condensed Reply.

C. S. B., New York.—If several physicians have failed to give your child relief, it would be folly for us to try on such scant information. We will, however, make this suggestion. Get *one* good physician, familiar with children's diseases, and let him try. Your baby hasn't yet lived long enough for one physician to know whether or not he had failed, to say nothing of several.

CURRENT TOPICS.

Importance of Correct Statements of Fact.

THERE is no doubt that the earnest pursuit of knowledge in any direction contributes largely to the habit of accurate truthfulness. A desire and an effort to find out the truth will tend to make us careful in uttering it. To weigh and to consider the words of others will help us greatly to weigh and to consider our own. Ignorance is responsible for much of the present carelessness in speech; those who never study shades of meaning will not be likely to exercise much judgment in selecting them. The cultivation of the senses is also a valuable aid. To see keenly and clearly what we look at, and to hear acutely and correctly when we listen, are vast helps to the memory, and clear away many of the vagaries of the brain. In recounting these things a confused and vague remembrance of them often tempts us to alter and embellish so as to hide our perplexity. Could we have the courage and honesty to repeat only that which we clearly remember, perhaps our mortification at its meager amount would strengthen our power of attention in the future.—*Philadelphia Ledger.*

Importance of Early Training by the Mother Personally.

THE deepest reason why a child should be taken care of in its earliest infancy by its mother rather than by a person comparatively uninterested in its personality, is this, that only a mother can respect a child's personality sufficiently. All others regard the child for its manifested qualities; but with the mother, it is the child itself that she loves, quite irrespective of any qualities that he manifests.

Phenomenally, a little child is a complex of self-assertion and generosity (or a desire for union with its kind); a desire or a feeling of finiteness in strange contrast with that instinct to "have dominion" which gives vitality to self-assertion. We call this primal desire for union his heart, and this primal self-assertion his will. The will expresses itself in efforts to change its environments, putting what is at rest in motion, knocking down, tearing up, because it does not yet know how to put in order, or to change things artistically. The child acts without external motive,—doing things merely because it *can*. Even after a child is old enough to think and talk, and has done some act for which you see no reason or motive, when you ask him why he did it, he not unfrequently will say, "*because.*" I remember when I was a child of six or seven, that I would give this answer with a perfect sense of satisfaction that it was *an answer;* and when it would sometimes be said, "*because* is no reason," or "*because* is an old woman's reason," I recollect my feeling of surprise. I seemed to myself to have given the most substantial reason. The word meant to me a great deal. And I now think I was truly philosophical in this, for I affirmed the primal truth, that a self-determining person in spontaneous action, if only of some instinct, is a first *cause*—an *absolute cause*—to the extent of consciousness. It was an intuition.

Now, to retain the sense of this casual personality is at the root of all stability of character, all nobleness of manifestation. But self-assertion in an ignorant child is more apt than otherwise to be disorderly, discordant, and perhaps destructive; it therefore provokes resistance in the unthinking, but challenges the thoughtful to give guidance. It is of life and death importance to the child whether this force shall meet mere hard resistance, which shall utterly crush it or increase it by reaction, or whether it shall meet with a genial, sympathetic guidance to which it will voluntarily and gladly surrender itself.

A mother *loves* this little ignorant force of self-will and wants it to have free course. She cannot help desiring to have her child have its own way. She does not want it to be opposed by others. She will, as far as possible, further or humor it, as we say. And when she finds it necessary to control it, she will try to do it by awakening the child's affectionateness, and so captivating its fancy as to make it feel it is doing as it likes, though it be something different from what it was impelled to do at first; in short, she inspires him to will the better thing, and so educates the blind instinct of self-assertion into a harmonizing and beneficent power, and preserves the child's dignity and nobleness instead of crushing its personality. We hear of "breaking the child's will." A child's will should never be broken, but opened up into harmony with God's will through a lower harmony with the will of its loving and loved mother or kindergartner. But a mother will be more sure than any one else to bring about this result, because she acts from an

impulse of the heart deeper than all thought, while the kindergartner by thought must cultivate in herself the impulse.

There are those who deprecate motherly indulgence as if it were the greatest evil. Doubtless it will become a great evil if it be not properly subordinated to the wisdom which appreciates the divinity of order, or if it is alternated with capricious severities; in short, if the indulgence proceeds from indolence or self-love instead of love of the child. The indulgence that really comes from the last is a recognition (unconscious, it may be) of the divine possibilities of the child,—a spark of the divine creativeness! Of the two evils, extreme indulgence is not so deadly a mistake as extreme severity. The one fatal thing is to wound the child's heart. It is better to give up the point of controlling its will to righteousness for the moment, than to do that; and a parent is the least likely of all persons to wound the child's heart.—*Miss Elizabeth P. Peabody on "Discipline."*

Watching Nurses and Servants.

A SERVANT hates to be always watched. "I left her," said one girl, "because she was always prying around, and coming out in the kitchen very softly, like a cat, to see if I was working all the time." That isn't necessary, and it is sure to create ill feeling. Shortcomings can be discovered without constant espial, and it lowers a woman in her servant's eyes when she shows a suspicious disposition. The great master at Rugby made his boys great by putting them on their honor. If a servant has any sense of honor, trust to it. If she hasn't, discharge her after a fair trial, and get one who has. It does people good to be trusted, unless they are utterly destitute of moral fiber; it does them good to be commended, to be advised, to be approached like human beings and not like machines. When the sun and the cold wind conspired to make a man cast off his cloak the sun got the victory. Kindness will save and lift up where coldness and keen criticism will fail. Kindness will mold where coldness will harden.—*Boston Beacon.*

Begin Book-Collecting Early.

CHILDREN ought to be allowed to keep their own volumes by themselves, perhaps as a separate department of the home library. This teaches them to value books and care for them. As they grow mature they may wisely be allowed a comparatively free range among the books of their elders. It is a good plan to encourage them to read and collect suitable works on such subjects as interest them, especially, *e. g.*, botany or exploration. The scanty, unpretending, but sensibly chosen, library which filled its two or three short shelves under the clock in the family sitting-room in the farmhouse of forty years ago, was the nucleus of the thousands of choice, and perhaps costly, volumes, sometimes including those rare treasures for which connoisseurs search almost in vain, on the ample walls of many a modern private library, the owner of which, although eminent in trade or in some profession, finds his chief pleasure and does much of his best service to the world among his books.—*Congregationalist.*

Dangerous Chemicals in the House.

A CORRESPONDENT asks: How many of the chemicals used in photography are poisonous? My husband works every evening in our dining-room, and although he is as neat as a pin, I am dreadfully afraid of his bottles. He puts them away on a shelf, and I warn the children against them; but there they are. The answer is: Mark all "*Poison*," and teach Baby to spell the word as soon as she knows her letters.—*Photo-American.*

The Babies Have a Mortgage to Pay.

THE Babies' Hospital, 55th street and Lexington avenue, which was incorporated in 1887, has taken care of over a thousand sick babies. Beginning with only a few dollars, the managers of the hospital have purchased the present building and have leased a country home near Seabright, N. J., for the last three years. This summer, two kind friends are to build the babies a new hospital, costing $6,000, near Seabright, the institution providing the land. Thirty-five sick babies now living at the hospital desire to say a few words to the public, begging them to subscribe generously for their wants, which are numerous at present. These babies wish, in the first place, to say there is but one hospital for babies exclusively, open all the year round, with a country home for sick babies. The benefits are open alike to all, with no restrictions of creed, color or condition. Other hospitals have children's wards, but the Babies' Hospital only takes babies under two years of age. The babies beg for money. There are two mortgages, amounting to $30,000, on the house at 55th street and Lexington avenue, which they must pay off, and they need money for the running expenses of the hospital. The babies' voices are

not strong, as they are all more or less ill, but they speak as loud as they can and cry out for help. They have already received two donations toward the payment of the mortgage, $2,000 from D. Willis James, and $500 from Mrs. D. Willis James. Subscriptions may be sent to the treasurer, Mrs. Eben E. Olcott, No. 38 West 39th street, or Joseph T. Low, President of the Board of Directors, No. 65 Worth street.—*New York Tribune.*

Unnecessary Martyrdoms.

THERE was once a woman who was the despair of all the other women of her acquaintance. Her house was as pretty as possible, and always in perfect order; she kept it on a very small income, and kept it beautifully; she made all her own clothes and those of her child; she trimmed hats for herself and all her sisters; she did fancy work; she painted chairs, thereby saving sometimes as much as seventy-five cents; she taught a class at a mission sewing school; she took lessons in cooking; she belonged to several charitable organizations—and the end of that woman was nervous prostration and a sanitarium. Amid her many occupations she had somehow lost sight of the fact that a certain amount of amusement is necessary for the human mind. She had never "had time" for rest or diversion. And her husband, as he paid the bill for medical services, possibly reflected how much, not only better but cheaper, would prevention have been than cure.—*Christian Union.*

Good Manners.

THE basis of all manners lies in the gentleness, the self-control, the unselfishness, which a good mother teaches her children, if she can, in a log cabin or a mining camp; the uprightness, the conscientiousness, the self-respect, which can face queen or clown without being overcome by either. The little technicalities which society demands are very trivial; the "process" can be learned in twenty-four hours by an observing person; but the foundation of manners lies in character, and those who have not this foundation may at any moment be thrown off their balance, and reveal themselves as boors or bores. All the artificial rules of the dancing school are not so good as the simple principle laid down by the boy in Mrs. Diaz's delightful *William Henry Letters:* "I told 'em I didn't see any need of going to dancing school to learn how to enter a room; I told 'em, just walk right in." Savages often put us civilized beings to shame by the quiet dignity with which they accept novel situations for which they have had no tutoring, as Mrs. Leighton, in her *Life at Puget Sound,* describes the perfect propriety with which an Indian chief conducted himself at her table, although it was his first experience of the kind, and he might on any day be seen making his own meal from the shell-fish and sea-urchins on the beach. The first ingredient in good manners is self-respect; the second, that unselfish considerateness for others which is best to be learned in a refined and kindly home. All social graces are merely the imitation or elaboration of these high qualities. Tennyson well says, speaking of good manners,

> "Kind nature is the best; those manners next
> That fit us like a nature second-hand,
> Which are, indeed, the manners of the great."

—*Col. T. W. Higginson in "Concerning All of Us."*

The Medium Between Extremes.

THAT an ounce of prevention is worth a pound of cure, is abundantly illustrated in the immense cost, to the individual and to society, of those ills which a slight cost of care and forethought would have prevented. But there is such a thing as exercising preventive care in one way while that very care is working ill in another and more vital way. The occasional announcements of the discovery of the bacilli that are the germs of various diseases, mark the progress of medical science and promise new benefits to suffering humanity; but when the knowledge of the prevalence of such germs in the atmosphere sets the people quivering with fear lest at every breath they may be inhaling the messengers of death, it is time to draw the boundary line between the relative values of prevention and cure. On the one hand, children are permitted to run risks of contagion and all manner of noxious infection which, on the part of parents, or those who have them in charge, is reprehensible; on the other hand, the idea of hedging and guarding them from possible dangers is sometimes carried to an extent which is not only cruel, but even weakening to their mental and moral life. A certain little boy, living in a large city, in "comfortable circumstances," has come to his seventh year without ever having been permitted to ride in a street car, or to come into close companionship with other children. Fear of disease is the reason given by the well meaning but pitifully misguided parents. Being an only child, he is practically without playmates,

and his life is, therefore, as unnatural as a child's life could well be made. The privations of the street gamin are as nothing compared with the privations of this child of "comfortable" but harmful circumstances. The street urchin is, indeed, running certain risks which the nursery bred boy is not; but so is the nursery bred boy running risks in some ways more serious than those of the street urchin—risks to body, mind and soul, by his unnatural isolation and the repression of his whole nature. The one of these two boys may be taken, and the other left; but all the preventive care of the one and the recklessness of the other are powerless to indicate which shall be taken and which left. Within bounds, let us use preventive means; but let us see to it that our means of prevention do not reach such a pitch that prevention may become itself a disease that shall call for drastic means of cure.—*Sunday School Times.*

Measurements of Boys and Girls.

THE valuable anthropometric data published in 1877 by the Massachusetts State Board of Health, have been rearranged and recalculated, in the form recommended by Galton, by Dr. Henry P. Bowditch ("The Growth of Children, studied by Galton's Method of Percentile Grades"). That is to say, having measures of 848 Boston schoolboys five years old, Dr. Bowditch gives first the average height of the shortest forty-two (or five per cent.), then that of the next shortest forty-two, and so on. These calculations are made for each age from five to eighteen. Similar calculations are given for those of American and of Irish parentage. The same thing is then given in regard to weight, and finally the whole is repeated for girls. The numbers are then plotted in curves in various ways. Several new generalizations are thus brought to view. Of course, every man remembers that humiliating period when the girls of his age were bigger than he, and not only looked down upon him from a greater physical elevation, but still more from the supercilious heights of maturer minds. At the same time he could not help thinking that the girls were dull. This period begins between ten and eleven with a retarded rate of growth of the boys, both in height and weight, which is coincident with a maximum of mental brightness. Indeed, many a man never after recovers the same penetrating intelligence, as distinguished from human insight. Somewhat later, from twelve to fourteen, the girls attain their most rapid growth, and thus, until the most rapid growth of the boys approaches, the girls continue to be the largest.

All this was already sufficiently known. Dr. Bowditch's new treatment seems to show that all the phenomena of this age come rather earlier with large sized than with small sized children. The method of treatment of the statistics necessarily exaggerates this considerably; for the children who grow earlier are necessarily thereby thrown into the higher grades. Hence, it would be desirable to show the general fact by a method which should preserve the identity of the growers. The preliminary retardation of the growth of boys shows nothing of this, but occurs at about eleven for large and small, though it is much more decided for the former. But the acceleration of the increase of weight in girls (which is far more marked than that of their height) is for the largest girls almost at its maximum at eleven, for the middling girls is delayed to thirteen, and for the smallest does not come till fourteen. The result is, that the period at which the girls are taller than the boys of the same age begins at ten and one-half for the largest and at eleven and one-half for the smallest children; while the period at which they are heavier begins at ten and one-half for the largest and not till fourteen for the smallest children. Then the boys take their start, the largest growing most rapidly in height and weight at fourteen, the middling ones at fifteen, the smallest at sixteen. Consequently, among the largest children, the boys catch up with the girls in height at thirteen, but among the smallest not till fifteen; while in weight, among the largest children the boys catch up at fourteen and among the smallest at fifteen and one-half. Many other interesting relations are brought out for which the pamphlet will be consulted. We hope that it may serve as a model for much future school anthropometry.—*The Nation, New York.*

THE

Mother's Nursery Guide.

BABYHOOD

VOL. VIII. JULY, 1892. No. 92.

Beginning with the present number, this magazine will be known by the name of THE MOTHER'S NURSERY GUIDE, *which it is thought will express its purpose more fully and clearly than did the old name of* BABYHOOD. *The latter will, however, for the present be retained on the cover as a sub-title.*

SOMETHING MORE ABOUT THE PRACTICAL STERILIZING OF MILK.

BY LEROY M. YALE, M.D.

THE question of proper food for infants is always of interest, but becomes more pressing with the advent of hot weather. While it cannot be pretended that any food will entirely do away with the so-called "summer diarrhœas" and other digestive disorders, yet it is a matter of universal experience that their prevalence very much depends upon the choice of food, and that much of the influence of surroundings upon these disorders is brought to bear through the medium of food.

Every one knows that a child whose only food is the abundant breast milk of a sound woman, whose surroundings are conducive to her own health, has every chance to go unharmed through the summer. From this point of security the danger increases as the conditions which ensure safety are one by one removed. A child upon the breast may not get the best food for its needs owing to poor quality, scant quantity, or some peculiarity of the milk, but the child that is weaned is at one stroke deprived of two prime elements of safety. It loses a food which, under ordinary conditions, is for it the most suitable known, and which, moreover, is delivered to it in an uncontaminated (sterile) state.

For this natural food there is no perfect substitute. The future may bring us one, but thus far neither science nor experience has found it. But upon one point there is practical unanimity among those physicians who have especially studied the matter of infant feeding, namely, that the best and safest available basis for such artificial food for infants is (whatever the other constituents may be) cow's milk, and this opinion is held with full recognition of the imperfections of that aliment for the purpose, and of the fact that, however handled, cow's milk does not become human milk.

In discussing any preparation of milk for baby food, we start with an assumed pure milk, that is, healthy milk, drawn from clean udders by clean hands into really clean receptacles, and thereafter kept cool and free from all contamination until it reaches the child's mouth. If such milk can be had, one-half the difficulty of preparing the food is removed. Only the proper combining of the milk with other ingredients, according to the needs of the case, or views of the practitioner, would have to be considered.

But such milk can rarely be had away from the farm or its immediate vicinity. Every change, every remove, every manipulation is made at the risk of contamination, and the delays of transportation increase the danger. Milk delivered in most great cities in the morning is usually from the milkings of the previous morning and the evening before that, and is consequently either twenty-four or

thirty-six hours old. In view of this fact the best city milk is surprisingly good and speaks well for the business honesty of the dealers; but it is still, as it stands, rather hazardous food for infants, and increasingly so as the heat increases. Occasionally, it is said that milk is stored and kept from undergoing ordinary changes by the addition of antiseptics. Such milk is, of course, unfit for children, and we believe that it is not commonly sold. Whether the milk supply of places nearer to the farm is actually better than that of great cities we do not know (as the large demand of the cities excites competition, and success demands care), but we are sure that it ought to be. And we think that if milk can be made safe for infant food in such a great city as New York, it ought to be so in any city, at least in the northern part of our country, and *a fortiori* in the country towns. We believe, therefore, that our readers will be interested to know some of the ways in which this is here accomplished, and in inexpensive ways.

It is to be understood that the best mixture for any particular child is not here considered at all, but how safe and wholesome mixtures are actually made for use among the poor, and therefore, of necessity, inexpensively. There has also been kept in mind the providing of processes which can be successfully imitated with the simple appliances of an ordinary family of the slenderest means. In the past some judicious practitioners in cities have thought that the advantages of certain foods (probably owing to their being sterilized at low temperatures), such as condensed milk, for instance, out-weighed their nutritive defects. The experiments of which we shall speak, however, refer to sterilized milk.

The readers of this magazine are entirely familiar with the ordinary method of sterilizing milk, and they know that by its thorough application all living organisms, whether of special diseases or those which merely produce the ordinary changes in milk, can be destroyed. Of course, milk infected with special poisons is relatively uncommon, and no one would think of using milk which was suspected of being so contaminated. But for the reasons given, all milk must be suspected of harboring those germs which cause the souring of milk, and whatever particular milk mixture any one may choose for infant's food, he must first guard against the spoiling of the milk to be used.

At the Good Samaritan Dispensary in this city, where the patients are drawn from the very poor, Dr. Koplik has organized in connection with the class of Children's Diseases a plan for sterilizing milk so efficient that the latter can be distributed to the parents of sick children at a cost but a trifle above the ordinary retail price of the milk. The plan is briefly this: In a small room set apart for the purpose all the work on the milk is done. The bottles returned by patients, and additional new ones, if necessary, are, after soaking for twenty-four hours in a saturated soda solution, which renders the bottle alkaline and stops the development of bacteria in a soiled bottle, thoroughly cleansed with water and a bottle cleaner, rinsed, and then inverted over pegs set in a board to drain. These bottles are common round medicine bottles of 6-ounces capacity. After they are drained they are placed in a large sheet-iron oven and baked at a temperature ranging, by thermometer, between 250 and 280 degrees Fahr. for one hour. The bottles are then sterile. The milk is procured from a dairyman of very good repute and a part of it, well mixed, is poured into a large funnel-shaped glass vessel ending below in a tube to which is adjusted a rubber tube with a small glass nozzle and a pinch-cock. All of these appliances are, of course, kept rigidly clean. By aid of the pinch-cock the flow of the milk can be started and stopped as often as desired. The attendant draws into each bottle by eye 4 ounces of milk. The sterilizer is in this instance a large affair and consists of a series of circular trays, with sides high enough to allow the bottle to stand upright in the tray and with perforated bottoms. They are made to fit one upon another in such a manner that the steam freely passes through all. Each tray will hold, without obstruction of the perforations in the bottoms, about fifty bottles. The steam is applied for forty

minutes, but the heat in the trays, as shown by a thermometer immersed in the liquid contained in a bottle which is fitted into an aperture in the cover of the top tray, is kept down to 185 degrees Fahr., that is to say, nearly 30 degrees below the boiling point of water.

This use of a lower degree of heat than that commonly employed is for this reason: While it has been shown that by heat of the temperature of steam, say 212 degrees Fahr., milk may be so sterilized as to remain in properly closed vessels unfermented or unspoiled for an indefinite time, experience has also shown that sterilized milk has disadvantages as a food which prevent its being the perfect solution of the feeding problem which some enthusiasts thought it to be. The chief of these disadvantages as seen from the use of recently sterilized milk are, an increased tendency to constipation, and in some cases a less degree of nutrition than can be gained from the same milk unsterilized. It is aside from our purpose to discuss the changes produced by sterilization in the constitution and behavior of the lact-albumin, casein, fat, sugar, etc., which changes are the supposed cause of these effects; but the effects are well recognized, and many students of children's diseases have sought for methods of sterilization by which the advantages of the process can be retained and its disadvantages, to some degree at least, avoided. Among the methods employed have been the diminishing of the time of the application of the heat or of the degree of heat or both combined. The second is that used by Dr. Koplik. The degree of heat used, 185 degrees Fahr., will destroy the germs, but not the spores. The milk is fit for food until the spores develop, which will not, under ordinary circumstances, be within twenty-four hours. Actually, the milk has been found entirely sweet and resembling fresh milk in taste, at the end of a week.

It may be added that milk has been made "practically sterile," or, in other words, its power of producing colonies of bacteria very much diminished, by a short sterilization at a much lower temperature still (even as low as 155 degrees Fahr.); but in this dispensary work sterilization seems to be rather the most important factor of the problem, and the point 185 degrees Fahr. is fixed as a standard.

When the sterilization is complete, the bottles are tightly stopped with black rubber corks. The space above the milk is left to allow of the addition of barley water at the time of using. There is also given with each batch of bottles a large bottle containing a four-per-cent. solution of pure sugar of milk, which has been filtered and sterilized. As the poor people in their ignorance make very poor barley gruel, the dispensary intends presently to issue the gruel also. When the bottles are cool, they are ready for distribution. Any physician, whether connected with the dispensary or not, may have the milk dispensed to any patient by filling a blank order containing specific details; at the foot of this order are the following rules for sterilized milk supply:

The time that the milk is to be issued upon this order must be stated by the physician, not to exceed twenty-one days on each order. Milk dispensed in 6-ounce bottles, which should always be kept well stoppered. They are to be washed and returned daily, with stoppers.

The charges for the milk are as follows:

6 bottles, 8 cents.
Extra bottles, each 1 cent.
Bottles not returned, 2 cents each.
Stoppers, 1 cent each.

The six bottles, which are sold for eight cents, contain a pint and a half of sterilized milk. Extra bottles are still cheaper, the milk being sold at ordinary city rate for good milk of 8 cents a quart. With each bottle or batch of bottles goes a slip of directions in English and German, as follows:

STERILIZED MILK FOR INFANTS.

1. If not opened, this milk will keep sweet for twenty-four hours or more.
2. Keep in cool place.
3. Do not open the bottle before you are ready to give it to the baby.
4. Before giving to the child place the closed bottle into warm water, to warm up the milk before taking.
5. Use the ordinary nipple on the bottle you receive; never remove the milk in a nursing bottle. If any milk remains in the bottle after nursing, throw it away, and use a new bottle at each nursing.

6. Always return the bottle cleaned, and also the rubber corks.

The plan was begun in a small way last summer. The value of the milk is recognized by the poor, and as early as May of this year they have already, at the approach of warm weather, begun to ask for it. It is worthy of remark that this work is intended to be better than a charity, that is, to be an education to the poor as to the value of cleanliness in the care and preparation of food.

To further assist in this, Dr. Koplik has made experiments with the common Arnold steam sterilizer to determine how it may be used to sterilize at a lower temperature than 212 degrees Fahr., with the heat of an ordinary gas or oil stove. The relative heat of the top of an ordinary cook-stove, as compared with the oil or gas stoves, is probably already as well known in practice to our readers as any thermometrical statements can make it. They will therefore make the proper allowances as regards heat and time if the cook-stove is used.

The sterilizer used was an ordinary one with a rack to contain bottles of milk. The top of the outer hood is perforated with five holes one inch in diameter. One is central, under the handle; the others are made at different points on the ornamental ring, which is punched up midway between the centre and the margin of the top. If the milk is lowered into the sterilizer at the temperature at which it is received (about 60 degrees Fahr.), it will reach 185 degrees Fahr. in fifteen minutes; forty minutes' additional time will sterilize it completely. If it is inconvenient or for any reason undesirable to perforate the cover of the sterilizer, the result may be attained in the following way: Put the rack of filled bottles into the sterilizer uncorked; cover them with the outside hood only. The heat of 185 degrees Fahr. will be reached, roughly speaking, in ten minutes. Then remove the hood; cork the bottles, and steam them for forty minutes additional, *with the hood off*. This sterilizes the milk at a temperature approximately between 185 and 195 degrees Fahr. Such milk, when cool, has very little cooked taste, and will keep, if necessary, a week or more.

The plan employed by Dr. Chapin at the Babies' Wards at the Post-Graduate Hospital is as follows: The main object is to provide such a food as shall meet the needs of the children, and, at the same time, shall be easy of preparation in any house and by any person of ordinary intelligence. Ordinary average marketable milk is used. It is placed in a large graduated glass receptacle something like a great funnel in shape, in which it is allowed to stand undisturbed for three hours. The lower half of the milk is then drawn off by means of a faucet at the bottom of this vessel; the upper half or "top milk" is reserved for use, and it has been found to contain an average of about 2 per cent. more fat than the lower half. (In a private family the top milk can be dipped off with a cup, but it cannot be poured off from a bottle, as the top half slides back as the bottle is tipped.) This top milk is then sterilized for half an hour at the ordinary temperature of steam. In practice, the common kitchen double boiler will do in place of a sterilizer. The Arnold sterilizer is not expensive, but the kitchen utensil is still cheaper, and very likely may be already in the house. To the milk is added barley water, which is not made from the relatively somewhat expensive prepared barleys sold in the drug shops, but from ordinary barley flour. As this barley flour is not easily found in ordinary grocers' shops, it should be mentioned that this particular flour is made by a milling company in Akron, Ohio, the same which manufactures a well-known brand of oatmeal and other cereal preparations. Probably, other similar companies also make barley flour, but we mention this firm so that our readers may be sure of at least one address to give their grocer. The food is perceptibly seasoned with salt, and properly sweetened.

Dr. Chapin has, as have some others, tried to ascertain the effects of prolonged heat upon the chemical constitution of the barley flour. As a matter of experience it is known that the "flour ball" made by the prolonged boiling of a mass of flour in a bag is a useful material

for mixing with milk in preparing baby food. Heating the flour in an oven, baking it at the temperature of a biscuit oven, heating it in a double boiler, so as to keep the temperature about that of boiling water, were all tried by Dr. Chapin. Clinically, the value of the flour seemed to be improved, but the chemist who examined the flour was unable to find the expected changes.

Dr. Blackader, of Montreal, the President of the American Pædiatric Society, has had certain experiments made to determine how, practically, the desired heat of 155 degrees Fahr. could be employed in sterilizing without its being exceeded and carried to the point (165 degrees Fahr. and upwards) where the undesired effects upon the milk are produced. His method is thus briefly summarized: "Having, at the outset, the water in the sterilizer and the milk in the flasks at ordinary temperatures, placing the sterilizer over a brisk Bunsen gas-burner, it took about twelve minutes for the milk in the flask to reach the temperature of 155 degrees Fahr. If, now, the gas be turned out and the cover of the sterilizer be placed slightly ajar, and the milk left in for another five minutes and then removed to a cool place, all the sterilization necessary will have been effected, and none of the deleterious changes will have taken place." Even when the temperature of the milk is considerably higher than the figure above given, standing between 175 and 190 degrees Fahr., Dr. Blackader finds by the results that the method is "distinctly better than the old plan of sterilizing from a half to two hours."

Dr. Blackader also uses a barley flour which has been subjected to "a heat of 212 degrees maintained for five to six days. At the end of this time the flour has assumed a somewhat yellow color, a slightly sweeter taste, and a not-unpleasant cooked odor." This flour is prepared by Mr. W. A. Dyer, a druggist in Montreal, who has had it carefully examined by Dr. Ruttan, who has found that the starch has been partly converted into dextrose and is thus rendered decidedly more soluble in the juices of the infant stomach. Dr. Ruttan reports some uncertainty as to the exact nature of the changes, but, as in Dr. Chapin's experiments, the result was found of practical advantage, although its chemical explanation was imperfect.

The practical hints which it is hoped the readers of THE MOTHER'S NURSERY GUIDE will gather from what has been said above are:

That no artificial food is a perfect substitute for a good breast; but that of all practical substitutes, none compare with cow's milk prepared in some way;

That there are two general elements to be considered in the preparation of a food: that it be digestible and suitable to the requirements of nutrition, and that it be free or practically free from organisms (bacteria) which might cause harm;

That the second of these requirements can be met by sterilization, but

That the prolonged use of a heat at or near the boiling point of water causes undesirable changes in the constitution of milk, and that these changes may be moderated and their disagreeable results diminished by the use of a less degree of heat and for a shorter time than hitherto has been generally in use, and special attention is drawn to the practical methods given.

It will be also noticed that three experimenters seeking a food which can be afforded by people of small means and prepared by the inexpert have hit upon practically the same, viz., moderately sterilized milk and barley water, preferably from barley flour partly changed by heat.

BABY'S FLANNELS.

BY MARIA M. VINTON, A.M., M.D.,

Attending Physician to the Dispensary of the New York Infirmary.

OUR variable weather keeps ever in view the problem how to keep the little ones protected without overloading them with clothing. Often when called to one of these tiny patients, the doctor must wait while the mother unrolls the baby from innumerable garments, before he can make any examination of the shapeless bundle before him.

Can we not, by using three garments instead of six or seven, keep the little ones warm and healthy? Often colds come from overheating the child, when the least draught of cool air chills the perspiring little body. Besides, Baby's movements are so restricted by his clothing that he is like the little Indian papoose tied down to his board. The three garments spoken of are the flannel shirt worn next the skin, the flannel band over the abdomen, and the flannel skirt. These three, properly made, will protect Baby sufficiently, and allow him to wear (in addition) the dainty little white slips so popular.

The shirt should be high necked and long sleeved, and well fitting. The arms need protection as much as the body. Being smaller, they radiate their heat more quickly than the other parts, and, besides this, they are kept in constant motion when their owner is awake. As for the material, the ordinary woven shirts for babies, though fine and soft, contain very little wool and have very little warmth. If you can find the so-called "all wool" shirts, though not so fine and pretty, they are much warmer. Even then the manufacturers tell us that they contain a large percentage of cotton. Some of the hand-knitted shirts are very nice and soft, and at the same time of close texture and warm. The best, however, for warmth, are made by the mother's own hands, of flannel. This flannel should not be too fine, or, in other words, too thin. The beautiful fine flannels generally sold for infants' clothing are nearly worthless in point of warmth. There is a heavier quality, equally soft, though perhaps not so fine, but containing much more wool, and this is the best for the baby's garments. Of course, the heaviest flannels are to be found in the reds and grays, and these are very nice for skirts and pinning blankets, but are too rough to be worn next the skin, and are liable to produce a fine, red, irritable rash, sometimes mistaken for some more serious eruption. The shirt need not be a very long one if the baby wears a flannel band under it.

This band is, in the writer's opinion, a most important part of a baby's wardrobe. It should be made of the heavy warm flannel of which we have spoken, and cut on the bias so as to fit easily to the child's round body. A straight band will be too large at top and bottom and will easily slip out of place. But the bias band fits naturally to the body, and, firmly pinned, will never move from its place. It should not be a narrow strip of flannel wound round the child's stomach and easily slipping down into a belt around the hips, but wide enough to reach from the arm-pits to below the hips, and long enough to double over well behind. Thus made, the band stays easily in place, and forms an efficient protection for the whole body.

The long skirt or pinning blanket comes next in order. This has a cotton waist fitting about the body, and holding it up. The skirt should be long enough to go well below the child's feet and turn up, and full enough to insure him room to kick; for a baby delights in being able to move his limbs about freely, and it is as necessary to him as exercise to an adult. The skirt, instead of hanging loose at the bottom, should be turned up behind and pinned securely with safety pins to exclude the cold air from the little feet and legs, which are too often only protected by the little woolen socks, while the ample open skirt admits the air. With his well-fitting, long-sleeved shirt, his wide bias band and his long, warm skirt, Baby is snug and comfortable, and can brave the air of our heated houses without extra wrappings.

A soft, close-meshed, little knitted sack is a very good and a very pretty addition in really cold weather, and an extra skirt, too, may be needed. Of course, if the clothes are made of fine, and consequently thin, flannel, a baby will need double the number of garments, and make a bulky, shapeless bundle. With his warm cloak buttoned up snugly in front, and his hood and carriage blanket, he should have his breath of fresh air on every sunny day in winter, unless it be excessively cold and windy. He can be easily kept in the sun and away from the windy street corners, and he will grow and thrive twice as well as though he were housed all winter in steam-heated rooms, and will not be half so likely to take cold.

For older children, the skirt and band should still be the same as for the year-old baby; the stockings long and snug, and warm. The skirts should be shorter for those who walk, but may still be long for the "creepers," for they can get plenty of exercise if the skirt is not tight, and will avoid the cooler air which is always found near the floor.

One word about fastening Baby's clothes: Use strings and buttons, never any pins except safety pins; for the little one cannot tell you when the cruel point sticks into his tender skin.

For summer these same garments made of lighter material are still appropriate. Many a diarrhœa is prevented or cured before it becomes chronic by keeping the baby's bowels warmly covered by his band. In very warm weather he may go without his flannel skirt, and wear a low-necked shirt.

DIFFERENCES BETWEEN CHILDREN AND ADULTS.

BY FRANK M. SHERMAN, M.D., NEWTON LOWER FALLS, MASS.

THE anatomical peculiarities of the infant and the physiological development by which it attains the status of the adult are extremely interesting and instructive. They are a revelation to all parents who think of these things, and a knowledge of them is of great advantage in the successful rearing of children, and enhances the pleasure of watching their development.

The new-born infant is a little animal. He cries at first, fills his lungs with air, and thus begins to breathe. He eats, sleeps and performs the other purely animal functions. He is full of potentialities, both of a certain and a possible realization.

The eyes, brain, heart, skin and liver are, as compared with the whole weight of the body, larger in the infant than in the adult,

the brain and the eyes very much larger. The skeleton, in spite of its largely cartilaginous nature, bears much the same relative proportion as in the adult. The muscular system is least developed and bears a decidedly less proportion to the whole bodily weight of the infant than in the adult.

The heart, as has been said, is relatively larger, and it beats much more frequently, 130 to 140 per minute, falling to 110 in the second year, and to about 90 in the tenth year (in the adult about 72). The circulation of the blood is more rapid and the breathing rate is much quicker in the infant; at birth it is usually 45 per minute, and, until the third year, from 35 to 40 per minute, the rate gradually diminishing as the child grows older, until, in the adult, it is 16 to 18 per minute. The temperature of the babe is somewhat higher than in the adult, although it very soon falls to the adult rate.

The gain in length during the first months is greater than at any time during babyhood. The gain during the first year is approximately 8 inches. The gain in weight up to five months of age is from $\frac{2}{3}$ to 1 ounce per day. The child afterward gains weight more slowly.

The large fontanelle, or "soft place" in the head, increases in size until the child is nine months of age, remains stationary from the ninth to the twelfth month, and decreases from the twelfth to the twentieth month, when it is usually closed. The small fontanelle is closed at the sixth week.

A baby does not shed tears until it is from three to four months old, as the tear glands are not developed until that time. He begins to perspire at from three to five weeks of age.

The salivary and pancreatic glands, whose function, in part, is to supply the juices which prepare starchy articles of food for assimilation, are not developed until from eight to twelve months of age. In connection with this fact it follows that babies should not be allowed starch (potatoes, bread, etc.), in their diet until some time after they reach this age.

The teeth are variable in making their appearance, but the usual times and order of the eruption of the 20 temporary teeth is as follows:

2 middle, lower front	4 to 7 months.
4 upper front	8 to 10 "
2 lateral, lower front 4 first molars	12 to 14 "
4 canines (eye teeth)	18 to 12 "
4 second molars	20 to 24 "

The eye of the infant is sensitive to light, but what is seen makes at first an imperfect impression upon the brain centers. The hearing is undeveloped during the first few days of life. He, however, rapidly acquires an acuteness of sight, hearing and touch often greater than is possessed at maturity.

We have now seen some of the more important differences in the anatomy and growth of the infant, and may thus be prepared to appreciate the variations in the physiological processes which are going on in the little body normally, and also those caused by disease. These processes, during the first years, have to do mainly with the growth and development of the various parts of the body; and of these parts the muscular and nervous tissues are most important. As has been well said: "The master tissues of the body are the muscular and nervous tissues; all the other tissues may be regarded as the servants of these." Now, the various parts of the body are engaged in taking from the blood the oxygen and other necessary materials for life and growth, and casting off that which is useless so that it may be removed from the body. The respiratory work, which is so much more rapid in the infant, supplies a relatively increased amount of oxygen; and the rapidity of the blood circulation carries this oxygen, and the other needful materials, in greater relative quantities than in the grown man. The nutritive processes and the changes are much more rapidly carried on; the difference in this respect, as compared with the man, might be likened to the difference between the fierce blaze of pitchy wood and the steady glow of hard coal.

Thus, the child is not only kept alive, but is also provided with the abundance of supply necessary for its rapid growth and for keeping up the normal bodily temperature. These facts are of great interest to the physician,

both in their bearing upon the life of the child in health and in their relation to diseased conditions; they are always to be considered, and often modify the diagnosis, the treatment, and the opinion as to the outcome of the various ailments of children.

A NEW MOTHER'S RECORD.

BY GRACE C. KEMPTON.

THE best success in the discipline of children is gained by those (1) who work from the highest standard; (2) who have the most definite plan of action. The mother who is sometimes indulgent, sometimes severe, gets nothing good as the return of her actions. The dwarfed and stunted development of the poet Byron was considered to be the direct result of his mother's uneven and capricious conduct toward him.

Much good that we cannot fully trace nor understand comes to little children through the wonderful way in which they are made; subject to law, law will work within them, and in many cases will succeed in bringing good and truth to the front *if not interfered with*. But a government which is capricious and unwise, uneven and unconsidered, is constantly destroying the good which physiological and psychological law would accomplish. The result is similar to any other law disturbed; but a human chaos is further out of reach of repair than any other infraction.

Far easier is it for Nature to send moss to beautify an upturned tree, to cover a bared bank with shrubs and undergrowth, or return chemical elements to where they will do good instead of harm, than to repair damage to a human heart and mind. The harm done by a violent storm she can begin at once to repair, sure of co-operation and help from the very elements which wrought the damage. For, regarded from the deepest standpoint, is not the purpose the same? But in the case of the child there is direct counterpurpose; therefore, the work of repair is done against great difficulty.

Let us then raise our standard by reverencing the work not done by ourselves, and resolving that, whatever else we do, we will not interfere with its wonderful help; and, secondly, by having definite plans and definite tests of the success of our plans. Let us decide what the essentials of true development are, and see if each day brings these qualities more into the possession of our child.

A little child's circumference of thought is very small. Within its limits the child is very definite. What he thoroughly understands he is most likely to obey. Nothing leaves him so untouched as generalities. You may generalize on good conduct by the hour, yet get no results. Your mature mind can generalize; you can get comfort from the ideals you have called forth, and you are disappointed and annoyed that no realization of your ideals follows your discoursing.

In order to be definite we must not generalize. We must begin and end with a simple statement of what is to be done in a particular case, using as few words as possible, and never one whose meaning will not be clear. Give reasons when and as you think best, but be sure your request stands in a clearly defined manner before the child.

A little girl of five was reproved for digging in a newly rolled path. With full innocent assurance that her explanation would be suffi-

cient, she said, "But Mamma, Harry wanted to!" She had been charged many times to do as her playmate wished her to, thus the confusion in her mind.

Small Harold heard an elderly lady call his college brother by his first name. "What did you call Warren?" he asked, turning up an earnest, even anxious, face to the speaker—the explanation being that *he* had been recently reproved for calling an adult cousin by her first name.

In both cases there was a lack of definiteness in the ideas given. The first child had been taught she must give up her way, which was strong and intense; but that she must not follow if invited to a wrong action did not stand before her as it should. Harold had been impressed with the fact that first names were not always for use, but had not gained the definite directions as to when and why not.

In "Outlines of Psychology," Mr. Sully says: "If children could ever pass their opinion on the observations made on their feelings (or actions) by adults, they would probably declare a large part of these observations to have been very wide of the mark." It is the same with larger matters; often a child does not get a well-defined idea of what is needed, and a sad result follows—he learns first at meeting punishment for the transgression.

Nothing helps a child more than encouragement which is wisely directed. It must not be directed to the child but to the effort—rejoicing with him that such and such a habit is growing less and less, that such and such a virtue is more and more present. But the very generalities of less and less, more and more, are often too indefinite for a child's mind.

It has been found to be of the greatest help to a child to keep a record of the departure of a fault. If done continually it would perhaps have a narrowing or otherwise bad influence; but at times it certainly gives much help, and when it should stop, other equally definite means can be substituted.

A child cries at little or no provocation; the mother says, "I must find some way to stop that habit!" yet it goes on and on. Let her try taking her pencil and paper *at once* and saying: "My child, every time you cry I shall make an ugly black spot on this paper" (or if the child is older, she may write "Cry 1, cry 2, etc., in place of the spots). This makes progress appeal to the child. He can see how many "cries" there are each day, and when a spotless day is accomplished he is radiant. He realizes progress that can be seen with the eye; also the need for progress when his mother explains that each spot means so many people disturbed, etc.

Care must be taken to avoid self-gratification; it must be the sin and not the sinner which attention is concentrated upon, and immediately passing on to the consideration of another bad habit to be overcome is the safest way to prevent harm.

A record of this kind kept by the mother alone (or the mother and father) will be a great help in making things definite. Life has many cares for the house-mother, and for this reason all things are not always seen clearly, Sometimes a mother is surprised by a friendly assertion that her children are not obedient in *little* things. She is amazed, for in the rush of many things she has not seen or known it, but assured of their obedience in great things she has been blind and contented. Now she watches, and, true enough, she finds herself giving simple directions many times, and then that they are often slighted. This is where definite means come to our help. She says: "Dear children, this is a bad way; we must turn our faces from it at once. Now let us see how few times you can disobey, even in *least things*, all this day!" She keeps her record, and at night they talk it over, each day making the obedience prompter, and more willing and sure. Without this care the change must have been gradually toward the worse, the obedience in matters of moment must have grown daily *less* strong.

In using these aids we are adopting the ways of thought and action of the child's own life, and so are working in harmony with him and the laws of his nature. We are raising our standard because we are helping him each day to a better living.

FOOD AND WORK.

GOOD cookery is a powerful civilizing factor, as well as one of the ablest of moral agents, too. Few natures have in them so large a capacity for good as to rise triumphant over the sickening and devitalizing effects of gnawing hunger or perpetual dyspepsia. Those who have partaken of a thoroughly good and well-prepared meal are blessed with a feeling of *bienfaisance*, which is faintly shadowed in the effects of alcohol. You remember that when Isaac came near to his final end, he ordered Esau, his first-born son, to prepare for him savory meats, such as his soul loved, so that he might be in a better mental attitude to bless his offspring ere he died. So, throughout history, profane and sacred, there is constant reference, to which I need but allude, to the tranquilizing effects of suitably prepared diet.

There is, indeed, frequent mention of drink along with this, and happy is the man who is able to accept the wise dictum of the gentleman in *Punch* who advises all to "drink what they like and eat what they like, and let it fight it out among themselves." There are, as I say, numberles sinstances in history and song, and in the experiences of every one, where a more amiable mental frame is produced in this way; and, moreover, where shrewd, designing people, desiring to gain certain ends over those whose reputations are somewhat shreddy from obstinacy and choler, have slyly seized an occasion to prepare a feast, so that the hearts of these obdurate persons might be subtly o'ercome. Observe, again, how Queen Esther prepared feasts for her lord Ahasuerus, so that she might win him over to the cause of the down-trodden Jew; and observe, moreover, how she prevailed. Again, so clearly is it understood by the savage, as well as the civilized, that the heart of man becomes amiable at the time of feeding, that this period is invariably selected for the more systematic amenities of human intercourse; and, indeed, nations have degenerated as well as arisen on these lines, and Rome swept steadily down hill, and finally disintegrated, through excessive feasting and drinking—her men emasculated through self-indulgence, and her women sensualized out of sight by epicurean voluptuousness.

Of the preservative effects of careful diet, it is well known that the most noted instances of longevity, in recent times, are found among the members of the old French noblesse before the revolution. Their manner of living was well-nigh perfect, as the results showed. Possessed of ample means to do as they chose, of exquisite taste in food, drink and furniture, with cheerful dispositions, peculiarly rejoicing in feasting, and endowed with magnificent hereditary vigor, their days were spent in merry-making, in which the table was usually the culminating point, and the exercises in the open air were devised to be just enough to stimulate the functions, so as to bring about the best of appetite. As I said, among them, instances of great longevity were common, much of which must be attributed to perfection of their foods and their systematic pursuit of wholesome pleasures. To be sure, they gradually degenerated, but that does not disprove the fact that there was a period when their bodily and mental powers were enhanced in the highest manner by the perfection and wholesomeness of their habits of life.

Now, let me explain how this same cookery may be a moral agent and the enemy of

drunkenness. The man whose whole body is permeated with satisfaction, which is the legitimate result of partaking of a thoroughly well-considered meal, has really no need to look to alcohol to supplement it. As time jogs on and the powers fail, alcohol may have a place of recognized value as an adjuvant to food, but certainly not in youth or early adult life. If, however, coarse victuals irritate the stomach, or at least fail to produce the comfort that they should, the sufferer seeks in alcohol the temporary glow of satisfaction which that agent certainly produces, and thus the temptation for drink gradually becomes established as a habit; and if one should wish to point out the evils of drink to one who rarely is able to enjoy a wholesome meal, it is a very difficult process, except by the simple object-lesson of providing him with a suitable meal.

Argument and precept here are feeble things compared with substitution and object-teaching. Suppose you saw a man in a cold pack wrapped in a wet blanket, and on that man's nose a fly should light; you call upon him to be oblivious to the fly, to adjust his mental attitude so that he may ignore that fly; to be, in short, as your teachers of metaphysics would have it—as if there were no fly. How far do you think your arguments would win him from an almost unconquerable tendency to swear? But if you busied yourself to drive that fly away, and went so far as to rub his nose for him, you would, even from the most thankless person, receive some gratulation. As an aid to sobriety, no agent can compare with a continued improvement in the person's food. Again, touching modestly in passing on my particular occupation, the greatest glory of which is the prevention of disease, I would gladly forswear almost all drugs if only I might control the daily life of the human animal in the matter of diet and exercise.

Foods may be divided into the plastic and the respiratory, or the nitrogenous and the hydro-carbonaceous, along with auxiliary articles not constantly needed. The nitrogenous foods are those which are demanded in structure building; in short, from which the bodily parts are steadily built up, and hence more needed in early life. The hydrocarbons are more evanescent in their action, and act rather as the fuel analogous to the coal in the railroad engine, the consumption of which generates force and drives the machinery. Hence, in later life, the machinery being presumably in full development, only these are needed.

Now, young people have need of a fair proportion of the nitrogenous foods to build up the muscles and tissues to their full shape and size. These azotized elements are also capable of destruction, and, during this change, give forth a greater amount of energy, or nervous discharge, than in the destruction of the hydrocarbons, which is more uniform. Take the analogy of the carnivorous animal, as, for instance, the Bengal tiger, who is capable of sudden and powerful rushes, and in concentration of his force able to produce feats of which the gramnivorous animal, as the deer or buffalo, is quite incapable. The grass-feeders are able to put forth long-continued effort, but their power for sudden, overwhelming efforts is not so great. Again, the meat-feeding animal has rather more courage and boldness than the other, and even his power for sustained effort under emergency has been shown to be greater. For instance, before the trenches in Sebastopol, the beef-fed British soldiers were shown to do better work, both in evolution and in the dull trench digging, than their less well-fed colleagues among the French or Germans. Most conquering nations have sprung from what may be described as carnivorous races, and bold trenchermen make lusty men-at-arms.

There may, with much value, be drawn a distinction between the diet of the scholar and that of the athlete. Each puts forth much force; hence must have liberal and wholesome provender. For the student, while, engaged in his legitimate duties, a greater improvement in savoriness is needed; while to the same individual, when the appetite is stimulated by exercise and rapid and gross tissue changes, the chief demand is bulk. For each state, that the best results may be

had, a definite and ample period of rest must be secured immediately after eating. As to a training diet, it has been well said that about the best kind of food for ordinary training is to be had at a good, liberal farm table. I have been trained many times, and think my condition was most fit when on one occasion, training for a boat race, we were put to lodge at the house of a well-to-do farmer, and able to get the very best of green vegetables, and, as it happened, also excellent meats. To be sure, all these were more than usually well prepared.

It is important to exclude those dishes whose function is solely to tempt the appetite already jaded. For instance, an ordinary mince pie is proverbially considered unwholesome. It is nothing of the sort. A mince pie, consisting as it does of both meat and vegetable, is excellent and wholesome, but it is so complicated with stimulating ingredients, such as spices, etc., that when one comes to eat this on the top of a more than ordinarily heavy meal, it acts as the straw which breaks the camel's back, and hence produces indigestion. So with many other dishes wrongly considered in themselves harmful; they are only so when forced upon a stomach already grievously overburdened; like the gentleman in *Punch*, again, who, when the omnibus driver asked if they were all full inside, replied, groaning, he could not answer for the other passengers, but that last tart did the business for him.

Another point in the training diet of value, and which I have seen practiced with advantage, is if the diet is made a trifle narrow by reason of choice or accident, that once a week, as on Sunday, it can be distinctly liberalized, and then no exercise taken that whole day, and on the following morning the man rise like Anteus after touching mother earth, with redoubled energies.

It takes a long time, certainly weeks, for a digestion to become adjusted to great changes from its customary paths. For instance, I have been for weeks hunting in the Rocky Mountains upon a diet chiefly of fried bacon, hard tack and boiled beans; and though perfectly well at the beginning, my digestion was sorely strained for two or three weeks. After a bit I got accustomed to this, and enjoyed beyond words to tell the occasional feasts on a slain elk, or even much simpler joys, and after having lived thus for a month or more succeeded in attaining largely increased muscular power. But if I had not been obliged to come down quite so sharply in diet, my increase in vigor would have been more rapid and complete. During training, one should be cautious not to gorge on meat, such as beef and mutton, with the idea that these are directly of value. The time for the beef or mutton should have been six or eight months, aye three or four years, previous; and during the actual period of hardest training work a more varied diet of substances more easily destroyed in the economy produces better results.

The finest specimens of human development come from a liberal and varied dietary along with much life in the open air. The great scourge of our race, tubercle, is the direct outcome of lack of these. By far the largest proportion of our brothers die of this in the form of consumption, and nearly all, if not quite all, of this need not be if life were lived carefully.—*Dr. J. Madison Taylor, in "Food."*

PEN-PICTURES FROM THE NURSERY.

BY MRS. W. A. KELLERMAN.

FALSEHOOD, bribery, fraud, is the burden of innumerable lectures, talks and newspaper articles. The philosopher who expounds the laws of ethics bemoans the existing state of affairs. The politician who waxes eloquent over his broad platform deplores the fact that fraud and bribery form so large an element in political life. Even the

graduates from various institutions fill their commencement orations with woeful predictions of the not far distant downfall of our Republic, as an inevitable consequence of the shameless bribery and wicked fraud which run riot in our land.

What is the meaning of this ominous trend of thought? Let us see if questions of such nature are beyond the limits of "Nursery Discussion." There are no primers, no juvenile books on falsehood, bribery or fraud, which we must guard against; why then need we discuss such unholy subjects in the presence of the innocents? We shrink, in the abstract, from the thought of the dear little ones becoming contaminated with the wicked ways of men. But hearken while we learn where the first lesson in falsehood is taught.

Sleep does not "close tired eyelids over tired eyes" as soon as mamma wishes; little restless two-year-old will not lie still; he turns and kicks; frets and worries; mamma becomes impatient. "If you don't lie still and keep the cover on, the spiders will run down the wall and get on your legs," she exclaims. Or, with her knuckles she makes a noise on the bedside and says, "Lie still, the mice are coming." "The dark will catch you if you lie awake," and numberless expressions of similar import are made use of to soothe (?) the little one to sleep. Mamma knows she is uttering a falsehood when she says such things. But Baby is so little he does not know, does not understand; he has only a vague conception of what mamma says, and the impression made by her words is so transient, she argues, if criticised.

"A dewdrop in the infant plant has warped the giant oak forever," and these thoughtlessly uttered falsehoods are not so soon forgotten as mamma thinks. Very soon Baby learns that spiders do not lie in wait for little restless, sleepless babies, are not ever on the point of running down the wall to walk over his uncovered body. He too learns to "make the mice come," and the first lesson in falsehood is stamped upon the pliant nature, never to be wholly eradicated. Mamma said such and such things would happen, but they did not happen; gradually it dawns upon the little mind that mamma says some things which are not true.

A few weeks ago, while talking with a neighbor, I spoke of a recent visit to the greenhouse only a short distance away. She said she had never been to the greenhouse, though she had promised little Harry for a year or more to take him to see the flowers, he seemed so fond of plants; she thought it quite a shame that she had neglected to take him, but there were always so many things to do! Here was an unfulfilled promise of a year's standing. Will the failure to make good such promises have no effect upon the characters of children, leave no impression on their minds? Little Polly said to Sue, "My doll's all broke; Mamie broke it; mamma said she'd buy me a new one, but she hasn't done it yet, an' I don't believe she ever will." Had little Polly been deceived until her experience formed a basis for disbelief in her mother's promises?

"Never you mind, sir," retorted Mrs. Pipchin. "Remember the story of the little boy that was gored to death by a mad bull, for asking questions." "If the bull was mad," said Paul, "how did he know that the boy asked questions? Nobody can go and whisper secrets to a mad bull. I don't believe that story." "You don't believe it, sir?" repeated Mrs. Pipchin, amazed. "No," said Paul. "Not if it should happen to have been a tame bull, you little infidel?" said Mrs. Pipchin. How many well-meaning mothers, grandmothers, aunts, uncles, cousins, play the rôle of Mrs. Pipchin! And how many little ones are imbued with the questioning spirit of little Paul Dombey, who have all sorts of incredulous, untruthful answers imposed upon them!

Papa and mamma were going to the neighboring town, to be gone all day. "What will you bring me, mamma?" asked six-year-old Alice, as they were driving away. "Oh, if you are a good girl, I'll bring you a silver nothing and a golden wait-a-while," said mamma, with a little laugh. All day long, visions of beautiful toys danced before the mental vision of little expectant Alice. She could not form any definite con-

ceptions of what her mamma had promised to bring her, but she felt sure they would be something as beautiful as fairyland, all covered with silver and gold. When mamma returned, little Alice was nervous with joyous anticipations; she waited, and watched, but mamma said nothing about the "promised" gift! At last, able to endure the suspense no longer, she said, "Mamma, I *was* a good girl; did you bring it for me?" "Bring what, child?" "What you said you'd bring, a silver and gold something." "Oh, you stupid little dear; mamma said she'd bring you a silver *nothing* and a golden *wait-a-while*; you see, dear, it doesn't mean anything," and mamma kissed the little quivering lips; but she did not know what a heart-struggle, what a bitter disappointment, she had caused by her carelessly uttered words; nor did she dream of adding insult to injury, as it were, by relating the matter to a friend in the presence of heart-broken Alice, laughing the while over the matter-of-fact nature of the dear child.

Mamma and Johnnie are going on a long journey—Johnnie is ten years old. Mamma says, "Now, Johnnie, I am going to see whether I can get you through for nothing. You curl up in the seat and look as little as possible, and I will not have to pay for you." "But, mamma, I'm more than six years old," says Johnnie. "Well, never mind, just do as I tell you," mamma replies. What does Johnnie think as he draws himself up into the smallest possible space; is there any possibility of his mind recurring to the recent admonitions that he "must always tell the truth"? Does he recall the trade he made with "Foottie" at school a few days ago—in which he "got the best of the bargain" by far? His conscience had been pricking him, and demanding that he make restitution, but now for some reason he settled himself squarely in his seat, saying, "Foottie needn't have been such a goose." "Where did you get that knife, Johnnie?" said his mamma. "I traded with 'Foottie' for it." "What did you trade?" "A piece of slate pencil, a cork and a sling-shot rubber." "My dear, I think you have decidedly the best of the bargain. I'm afraid you cheated poor 'Foottie.'" "Well, that's his fault. I didn't *make* him trade! You see, at school a boy's got to look out for number one." Mamma did not reflect that she had given her son a lesson in this "looking out for number one," which would lead on—who can tell whither?

Oh, mothers, are these pictures false? Is it not a melancholy truth to contemplate that the roots of many evils find conditions suitable for growth in the very sanctuaries of our homes? What wonder the nation is corrupt, if the very baby in arms is learning its lesson in falsehood, fraud, deception?

KINDERGARTEN-AT-HOME STORIES.

CONTRIBUTED BY PRACTICAL KINDERGARTNERS.

The Wind Princess.

LITTLE Ben Lee had a pretty pansy bed in his mother's garden. All the long summer he had cared for it, and watched the sweet pansy faces, never once seeing the fairy Wind Princess, who often stood by his side; she, too, helping the plants to grow and blossom.

One day in the late fall, this fairy whispered to the pansies: "It has grown so cold I will ask the North Wind to bring you a fluffy blanket of white to keep you warm through the cold winter," and away she went in her magic car to the North Wind's home. He lived high up among the snow mountains with his father, the Ice King, in a wonderful crystal palace. It was hung with dainty cur-

tains of frost-work made by the roguish Jack Frost himself, and the walls and towers were painted in beautiful rainbows whenever the sunshine came to visit it.

Soon the little pansies heard the great North Wind coming, and sure enough he brought with him the soft snow blanket, that helped the flowers to sleep safe and warm till springtime.

After many months the sleepy pansies heard the Wind Princess whisper to them: "I will ask the South Wind to come with its warm breath, and help the sun to take away your winter covering so that you may see the garden and the sky." Then off she drove her magic car to the South Wind's home. This wind lived with the goddess Flora in an arbor of flowers and vines in the midst of a wonderful garden. The air was laden with perfume, and the birds sang there all the day long. Soon the pansies felt the breath of the gentle South Wind and knew the snow mantle had gone from their bed, and they opened their sweet eyes.

After a few days the Fairy Princess came again, this time to tell them she was going to bring the East Wind to visit them, for she saw how the velvet blossoms needed some warm rain drops. So, early next morning, the kind Princess flew to the eastern home where Aurora lives, to ask the East Wind's help to send rain to the garden bed. Oh, how beautiful the palace of the dawn looked, with its walls and domes and columns all of shining silver, and its entrance hung with a rosy cloud curtain, pinned back by a silver star!

As the East Wind hurried the rain drops down to the waiting plants, the little pansies bowed their heads as if thanking their kind fairy for the refreshing shower.

One rainy day, towards sunset, the pansies saw the Princess of the Winds driving her car as fast as she could to the golden palace of the West Wind, and they said, among themselves: "The dear Princess has gone to ask the West Wind to blow away the clouds, that we may have a fair day to-morrow." The rain ceased soon after the Fairy reached the sunset palace on her errand of love. The Queen of this gorgeous home drew aside the curtain of crimson and gold, and stood at the entrance of the palace to receive her royal guest.

"Oh! what a pretty sunset," cried little Ben Lee, as he looked toward the west that evening, but he never guessed who stood in the cloud palace asking the kind West Wind to come next day and help his pansy plants to grow; he only knew that God loved flowers and birds and little children, and in His own wise way helped them to live and make the world more beautiful. B.

Norwich, N. Y.

Bunny.

"BUNNY! Bunny!" called Charlie. Six beautiful rabbits came hopping over the grassy lawn in their funny way.

"Which one shall I send?" he added, looking them over as he fed them.

"I guess Eugene would like the pretty white one the best," said his sister May.

"Yes, I guess he would," Charlie answered, very slowly. A moment he hesitated, looking very sober; then he looked up, saying in a very decided manner:

"Yes, I'll send him the very prettiest one I have. It must be dreadful to live in a great city and have no yard to play in, and not a single pet of any kind. I wouldn't like it a bit, would you, May?"

"Indeed I wouldn't. It is ever so kind of you to send your prettiest bunny, and I'm sure it will make Eugene very happy."

An hour later, when Aunt Clara stepped aboard the train, she carried the cage in which Charlie had placed the rabbit. Bunny scarcely knew what to make of the strange scenes about him. He sat turning his head just one way, then another, with a wondering look in his beautiful eyes. But when Aunt Clara took him out of the cage and held him in her arms, stroking him softly, he nestled down and went to sleep.

Presently, as the train sped on, she fancied she heard some one moaning. Turning to see who it could be, she saw a little girl who seemed to be ill. She was very pale and thin and was crying in a tired, fretful way. Her

mother who held her looked worn out. Aunt Clara rose at once, bunny still in her arms.

"See this beautiful rabbit I am taking to my little nephew. Do you want to hold him?" The little girl stopped crying and held out her arms, a happy smile chasing away the tears on her pale cheeks. "Oh, yes; please! What a pretty bunny; and how kind you are."

For more than an hour she held him, stroking him and talking to him, forgetting all about her pain. Meanwhile, her mamma was telling Aunt Clara how sick the little girl had been for many months. She was taking her to the seashore, hoping the salt air would cure her. "This is the first time she has been quiet since we started early this morning."

Late in the afternoon she fell asleep. They made her a soft bed on one of the chairs, and put Bunny back in his cage; and when, late at night, Aunt Clara had reached the city, the little invalid was sleeping soundly.

Somebody else was sound asleep when she reached her home, but the commotion caused by her arrival wakened him at once, and Eugene sprang from the couch, wild with delight at seeing once more his own dear auntie. When she gave him his rabbit he was almost beside himself with joy.

"Is he mine, my very own?" he cried. "Oh, how good Charlie is, and you too, Auntie." Many happy hours he spent that summer playing with the little bunny who soon became the household pet.

One day, not long after his arrival, auntie, coming into the sitting room, found Eugene very busy, evidently adding up something on his fingers.

"What are you doing, Eugene?" "Why, Auntie, you know how happy we all are 'cause Bunny came, and it was Charlie who sent him, you know, so I was trying to see how many people he has made happy. There was you first, then that little sick girl on the cars, and her mamma too, then my mamma and papa, and cook, and Mamie Price, 'cause I let her hold him a little while sometimes, and there's I the happiest of all. That's eight people. Don't you think Charlie must be very happy, too?"

LYNN.

THE MOTHERS' PARLIAMENT.

The Fate of a Pin.

—Having had a fright about one of my children, and obtained comfort and advice through the telephone, I think the whole experience might be helpful to other mothers out of reach of a telephone, if they hear about it through THE MOTHER'S NURSERY GUIDE.

One afternoon, as I was hurrying about after moving, I noticed that my boy, three years old, was playing with a silver lace pin having a smooth silver ball about as large as a small pea for a head. He seemed to be tickling his throat with it, and I knew it ought to be taken away from him, but did not stop in my passing from one room to another to do so. A few minutes later he shouted to me in tones of horror, that he had swallowed it!

It did not seem possible to me that he could have swallowed such a large thing, but no amount of hunting produced it outside of him, and he had no doubts in his own mind as to where it had gone. When I felt that it must be a fact that it had gone down, cold shivers of apprehension for the suffering ahead for the boy ran over me. I rushed to the telephone to call up my doctor, who lived miles

away, and has to be reached through three "central" offices. A very small voice finally answered me to the effect that the doctor was out. Did I want him to call me up when he came back? Yes, I did.

Just at that moment the front door bell rang. A gentleman, an entire stranger to me, had come to ask if he might make use of the telephone. I invited him in and gave him a chair, asking him to excuse me for using it first, as I wanted advice instantly. I then rang up a friend's doctor, and was answered by his wife. I hastily told her my dilemma. She said the doctor was about to drive out of the yard, but she would call him back. While she was gone my stranger friend, having heard the conversation, did what he could to calm my fears. "Why, Mrs. A., I have known cows to swallow whole handfuls of nails, several feet of wire, etc.; never did them any harm; found them in their stomachs after they were killed. I should not be at all distressed. I should physic him heavily if I were you ——"

A ring at the telephone and the doctor's voice is heard—"You say it was a silver-headed pin three inches long?" "Yes." "Well, do not give him any laxative, whatever you do; that is what they used to do in olden times, but it is the worst thing possible. What you want to do is to feed him on potatoes for twenty-four hours; that will form a mass around the pin and take it along quite safely." "Had I not better give him an emetic first?" "No, trust to the potato; but see that he eats considerable of it, baked, boiled, mashed or any way in which he likes it." "Alas!" said I to myself and the stranger, "the doctor wants him to eat a lot of potatoes in some form and he despises it in any form!"

I offered my place at the telephone to the gentleman, found he had not used one much, and should be obliged to me if I would do it for him. While I was struggling to make the necessary connections, he went on with the comforting process: "My wife's sister swallowed a needle, and it came out years and years after in the calf of her leg; she never felt the slightest inconvenience from it."

Despite this assurance I momentarily expected to see the boy go into spasms with pain; but far from that, he strutted around like a bantam cock, glorying in his feat, telling every one he could see that "I swallowed mamma's silver pin, about free inches long, yes I did; wasn't it funny of me to do that?"

About half an hour later my own doctor called me up, and the story was told to him. "Give him some bread and milk, as much as he will eat, and follow it an hour after with a cup of warm water with a teaspoon of mustard stirred into it. He had better vomit up the pin if possible; it will come up easily with the bread and milk. If one cupful does not make him vomit, give him more until he does. Then if the pin does not come up, feed him potatoes, and at the end of two days if he has not passed it, give him castor oil."

Alack-a-day! Why need doctors disagree? One says no emetic, while the other says emetic, and plenty of it. Still, what is the use of consulting a doctor if you do not carry out his directions? The bread and milk part worked like a charm; but the next time my boy has to take mustard and water *ad libitum*, he must first be chloroformed, or the doctor must administer it. Knowing what was probably before me, I retired with the youth to the lawn. The first swallow went down beautifully, as he was still nearly bursting with pride at being such an important person. Then the mustard began to burn his throat and he to howl. He escaped from me and fled.

Not wishing to present the humiliating spectacle of chasing him, I tried to summon him back by the severity of the tone of my voice. He came very slowly, stopping every few feet to stoop over, stand with his hands on his knees, look profoundly solemn, roll his eyes around and say, "The vomit is coming, mamma—it's coming—right off—I know it is." He came to me at last, and I attempted to administer the mixture myself; between us we spilled most of it on the ground, so I got a fresh supply, and nerving myself with the reflection that one thing essential to the bringing up of children as they should go was to carry out medical directions to the letter, I then sat down, clasped the struggling youngster between my knees, got

his father to hold his hands, held his nose with one hand myself, and tried to slowly pour down the stuff.

The boy is not a delicate infant, and he proposed to decide the matter as to where it was to go. A slight start was made in the right direction when, making a frightful struggle, he hit the cup and scattered the contents all over his face, eyes included, apron, down his neck, over his father, me, and all other surroundings. By the time I had washed his eyes and dried him, I came to the conclusion that any such proceeding was much more likely to bring the pin to light through his skin than up his throat, so I decided to try ipecac and tickling his throat.

Neither of these worked on first trial, and while I was waiting for the time to give him a second dose of ipecac, I thought it would do no harm to take him to the table, as the others were eating their supper, and carry out the potato direction, so that if the ipecac did not work the potatoes would. While I was preparing the potatoes, he laid his poor little head on the table and went to sleep—dead asleep, as the boys say, so that I could no more have got him to swallow potato than so much saw-dust. In despair I carried him off to bed. I awoke several times in the night expecting to hear him moaning with pain, but not he.

The next day his bowels moved, but no pin appeared. He asked several times if the pin had come up, but showed no knowledge himself of its whereabouts from pain or discomfort of any kind. At last, however, in the movement of the second morning, it arrived safe and sound, though slightly tarnished.

Since then I have learned of a child who swallowed a small key-ring with three little keys attached, all going through safely.

To any mothers whose children are so indiscreet as to swallow anything short of the carving knife, I would say do not despair. If you know of any method of making a child swallow a pint or so of mustard and water (let me know how you do it, please), adopt it by all means, as I have great faith in my doctor; but if you do not succeed in doing anything that any one advises, it will probably be just as well in the end.—*A Devoted Reader.*

A Childhood Lost Is Never Found.

—All the triumphs and pleasures of maturer years can never make whole the life without a childhood, without childish joys and interests, as well as little troubles. But "little troubles" are very different from the child-sorrows which Dickens tells about, that make the little ones sadly wise beyond their years, and old men and women at thirty.

It is truly sad to see a young life impressed with the seriousness of existence. Child life should be careless, and even frivolous, rather than melancholy. Of all the "great sad heart of humanity," the saddest parts are the sad children.

A careworn veteran of this world, a woman who had survived every kind of bereavement, sorrow and loss, once remarked: "Yes, undoubtedly my experience has been exceptionally sad and stormy, but as I look back upon my long life (and it seems to me, with its sorrows and tragedies and varied experiences, a thousand years long), there is no part of it so unutterably sad as my lost childhood." And, verily, what is so sad as a lost childhood; a childhood spent alone, without children, or older friends to take the place of children; a childhood spent "under discipline," or surrounded only by ugly neglect and poverty?

Many a child is well fed, clothed and housed, however, who has no real childhood. But this type of lost childhood belongs principally to the times of our grandparents, when vigorous, unflinching severity was the rule, and the only rule, of the hour. It is related that a deacon in good standing in an Ohio town was brought up before the church for extravagance and frivolity because he had sent to Cincinnati and paid three dollars for a doll for his little crippled daughter. Bread and butter, shoes and stockings, were allowable in those days, but a plump Christmas stocking, an illuminated birthday cake or a decorated Easter egg would have been, not only foolish, but sinful extravagances in the average household.

Doubtless there were exceptions to this rule, just as to-day there may be some few small tots who are not in danger of being pampered to death by indiscreet and admiring parents and grandparents. For, verily, is this not the children's hour? The fond and doting "new mamma" of to-day expects not only every imaginable dainty contrivance for Baby's comfort, but has lately demanded a kodak in her outfit, so that Baby's every fleeting expression and smile may be preserved for his Babyship's future admiration and amusement, as well as for his parents. Mrs. Mamma will doubtless next demand a phonograph as part of the nursery paraphernalia, to preserve Miss Toddlekin's and Mr. Toddey's every infantile coo and squall.

But the dear little dimpled darlings—bless their hearts!—are not responsible for their own existence; and are not amusement and entertainment due them in this world in which they are thrust, as well as food and clothing? No one will ever be a worse man or woman for a cheerful, joyous childhood, and there is no reason why ample amusement and recreation cannot be provided for the little ones with discretion and propriety.

Children should be impressed with the *pleasure* of little duties and lessons, rather than overwhelmed with the seriousness of their small cares. The intensity and depth of human life comes to all soon enough, in spite of every care and precaution. Let childhood be as careless as is possible without being absolutely reckless. To do this it is not necessary to encourage waywardness. Let there be child work, but let it be *child work*, work which appeals to child nature.—*Mary Maxwell, Keokuk, Iowa.*

Sterilized Milk for Travelers.

—In your March number a subscriber asks about preparations for a sea voyage, and I take the liberty to send you two addresses which may be of use to those contemplating traveling "on this side," with babies or young children. In Paris there is a company which furnishes excellent sterilized milk, which, on application, will be sent to any port or place indicated. The other address which I shall give will serve for those traveling in Switzerland *only*, as the Swiss company does not sell out of Switzerland. The milk was recommended to me by a Swiss physician, and for months our delicate baby took nothing else, it being the only food which he had ever thoroughly assimilated. The milk is rich and pure, from the best Normandy and Swiss cows, and is recommended by physicians and the medical journals in Europe. Care must be taken to taste each bottleful, to be sure that the milk is perfectly sweet.

It would be very easy for one to start from America with a supply of sterilized milk sufficient for the voyage, and have a supply of this milk from Paris sent in care of the steamer company at the port where one expected to land. The addresses are: La Compagnie Générale des "Laits Purs," 18 Rue du 4 Septembre, Paris, France; and Messrs. Haccius & Cie., Laiterie, Modèle de Lancy, Génève, Switzerland.—*H. W. R. B., Constantinople.*

For Want of Thought.

—The charming little three-year-old lad was the idol of the family. Grandparents, uncles, aunts and friends paid him a lavish homage. The child's far-seeing mother wondered, at times, if all her own judicious training could possibly counterbalance the evils resulting from ill-considered, blind indulgence. She hoped the coming of another dear little one might effect a healthful change.

"Don't you think Harry will be intensely jealous?" Auntie Bell exclaimed one day in what was intended to be an aside.

Mrs. Ashman flashed a swift look at her quick-eared, keen-witted boy.

"Not if the right method is used with him," she quietly responded.

"Oh, bother methods!" her sister-in-law impetuously cried. "Nature is nature. Children are always jealous. Why, he'd be jealous, now, if he saw me take undue notice of another child. I've made so much of him," she half apologized.

Mrs. Ashman sighed. She did not blame Harry for giving his unreasoning devotion to

bright, fascinating Auntie Bell, under whose witching spell old and young fell alike; she but wished her young sister-in-law realized the use to which her influence might be put. "If she only remembered that each word, each act, has an effect, good or bad," anxiously mused the young mother. "If she but had the 'long, long thoughts.'"

Contrary to expectation, Harry was wild with delight over Baby Alice's advent. Day after day he hung over her in a perfect fervor of love and amazement. His mamma made speedy use of the bestowed opportunity. She talked to him tenderly of the tiny life he must help guard. He must be gentle and unselfish. He must be kind and gallant, thinking of Baby Alice first, just as papa did of grandma, Auntie Bell and mamma. With her short daily talks, she gradually roused the latent manly chivalry in the child's heart. He grew inches taller—"most tall enough for trousers!"—as he felt himself put on a level with big, knightly papa.

But by and by Auntie Bell came to see the pretty, dainty baby girl. Like the needle to the magnet, Harry returned to his old love. He had eyes and ears for no one but bright, resourceful Auntie Bell. They romped and read and talked. Auntie Bell cuddled and petted him in just the dear, delightful way that only Auntie Bell had. Harry hovered about her like an adoring young lover.

And Auntie Bell boldly flaunted her conquest. She loved Harry—no one doubted that—but she liked others to know he loved her; she liked to play on his feelings; to tease and perplex the child. A kiss could make everything right to him at last.

"And so you love baby sister?" The child nodded his curly head. "More than you do me?" He hesitated, looking at her, as if in doubt of her meaning.

"Can't I take her home with me?"

He laughed his musical, boyish laugh, his eyes shining.

"She's *mine!*" he affirmed, with a proud air of possession.

"Oh, indeed!" Auntie Bell coldly said. "Then, you don't want any more love from me, I see. Very well, I shall stop loving you and give it all to dear Baby Alice. She's such a darling, I guess every one will love her the more now."

Harry's mother half started from her easy chair, but the remonstrant exclamation died on her lips. The child's face had a sort of stunned expression. Suddenly, quivering all over, he flung himself on Auntie Bell.

"No, no!" he sobbed, clinging passionately to her. "You mustn't. You must love me." From his showered caresses, Auntie Bell, flushed, triumphant, looked across at Mamma Ashman. "You see?" she called, exulting in her power.

Who could blame young Mrs. Ashman if her tone was somewhat stern? "I see you have planted in the child's mind the first seed of jealous suspicion, the germ of untold harm."

Auntie Bell was aggrieved. "Why, the child knows I was simply teasing him."

"Perhaps. Whether or not, you have put an idea into his mind that did not exist there before."

Auntie Bell grew sober. With those clear mother eyes upon her, her better heart reproached her. "I am sorry—so sorry!" She held the dear little fellow very close to her. "I know it," Mrs. Ashman assured her, "yet"—the words came sadly—"all the sorrow in the world cannot destroy one seed thus thoughtlessly sown. We can but try to keep from it conditions and influences best calculated to foster its growth."—*Martha F. Blanchard, Wakefield, Mass.*

"Not Like Other Children."

—"My little Lucy is not like other children." And the tone in which these words were spoken plainly indicated that Lucy's mother was only too proud of the fact.

Mothers of only children are apt to think that their darlings are free from many childish failings; but while guarding them from what they consider the contaminating influence of other children, they do not realize the greater evils which generally result from isolation. Man is a gregarious animal. His nature is many-sided, and contact with others of his

own age is absolutely necessary to its proper development. The child who is continually imbibing the sentiment of older people may appear very sweet, and have a reputation for mental precocity; but it is often only a reflection, for character is moulded, not transferred.

We know that wind, as well as rain and sunshine, is necessary to the healthy development of the sapling. The giant forest trees that stand for monuments of strength are those that have bent before the storm only to rise and take deeper root; so friction and opposition are agents in the production of true manhood or womanhood. The child who has not learned in the nursery to resist oppresion is likely to be worsted on the battlefield of the world. There is nothing more sad than the experience of such a one when he leaves home for the first time. Hitherto it has been smooth sailing with him. Loving hearts have found delight in removing obstructions from his way; and having no confidence in his untried strength, he now generally abandons himself to the current, and drifts with the tide, while some one exclaims "How very surprising to think that so-and-so has gone to the bad! He used to be such an exemplary boy!"

Any close observer of human nature must have noticed that the men and women who have been most successful in life, and have left an impression upon the world, have generally been those who have grown up in families, not the isolated darlings who have had only a one-sided experience in the home circle. "Only children" are often morbidly sensitive, and, failing to reach the standard of their elders, are tempted to resort to falsehood rather than lose the good opinion upon which they have set a false value. They are also apt to be selfish, or rather self-centered. In fact, much of the narrowness and prejudice which we notice in older people is due to the fact that in childhood they had no opportunity for comparing themselves with others.

Parents who boast that their children are different from other people's, would generally be disappointed if told that their grown-up sons and daughters were not like other men and women, for singularity must be characterized by excellence in order to be appreciated by the world. Your little boy may be "not like other children," but a perfect pattern of propriety, and yet it may be that your neighbor's child, who is full of mischief, is the best companion he can have, and one from whom he will learn lessons in courage and endurance which you could never teach him. You need not imagine because he has acquired a few tricks that annoy you that he is hopelessly injured, and though he may hear much that you would wish to keep from him, if you have his confidence the knowledge of evil will do him no real harm. The secret that is shared by Mother is never a dangerous one.

But one must bear in mind that a child's confidence is easily repelled. If your little girl comes to tell you of something that she has seen or heard, and you thoughtlessly exclaim, "Oh! don't talk about such things," she will not be likely to confide in you again; but will tell some of her companions or brood over it in silence. If, however, you talk the matter over quietly without appearing to be either shocked or surprised, giving the most sensible explanation that you can, and making light of what you cannot explain, she will be satisfied, and the subject will soon be dismissed from her mind. But do not attempt to impose upon her credulity. Most children are too clever to be blinded in that way, and the fact that you are trying to mislead them by falsehood will only make them more anxious to discover the truth for themselves.

Try not to expect too much of children or to despair when you discover in them faults which you have not suspected. Secret faults are always to be dreaded, but you can generally find a remedy for those that you know, and there is no safeguard like confidence between parent and child.—*Harriet Elliot, New York City.*

A Satisfactory Experience with Sterilized Milk.

—I would like to give a little suggestion to mothers whose infants are being nourished by means of sterilized milk, thinking there may be some

who have not discovered one of its greatest comforts as well as benefits.

There is now no need to carry a small ice-chest upstairs at night to preserve the milk sweet, even in the warmest weather. There need be no more the discomfort of getting up at night to heat Baby's milk over a gas stove or other contrivance, as it was necessary to do before the invention of sterilized milk. A while before retiring I place as many bottles of milk over the fire, in warm water, as Baby will require during the night, allowing them to remain until quite hot; then I remove and wrap them separately in pieces of flannel, pack into a tin pail, and place beside the bed, having the nipple (I use the black rubber "Mizpah" valve-nipple) in readiness in a bowl of water.

One bottle I reserve for use at once if Baby wakens, and this must be cooler and of the proper temperature, of course. When the bottles are needed they are close at hand and ready after adjusting the nipple, which a mother's nimble fingers can do very quickly.

By this means Baby is saved the hard cry which he would indulge in while waiting for the bottle to be heated by the old process, and receives it so quickly as not to become really awake, and so drops asleep again very soon. The mother's sleep having been so slightly disturbed, she soon is quietly resting as before, to waken in the morning feeling refreshed.

I have only praise to say of sterilized milk, and would cheerfully cast in a vote of thanks to the good inventor.—*K. M. H., Newark, N. J.*

The Mother's Influence at the Table.

—Ofttimes the essential nourishment required by birds and plants receives more careful attention from the housewife than that required by her children. Now, this is not over-stated; it is incongruous, but the fact remains that some women are not only wretched cooks, but totally regardless of the quality and properties of the food they prepare or have prepared for their families. Some children show it in their faces, and again in their unnatural appetites—craving the most undesirable condiments, simply because the necessary appetizing substances are not supplied upon the home table. Children who have proper food well served are certainly influenced by it more than most of us think, and it cultivates a certain degree of refinement. No one expects a tree to thrive, to be graceful and beautiful and fruitful, unless it is supplied with the elements essential to such growth. It is not that the sapling requires such a variety of fluids and fertilizers, but that they be adapted to the requirements of its nature; and children are in a hundred ways like vegetable growths. Give them good food, well prepared, and do not make their little stomachs hoppers for sour bread and greasy, warmed potatoes.

Have home-made bread. If one is of that class who say that baker's bread is better than they can make, then go to work and learn to make good bread. Children crave sweets, but give them healthy sweets. Let them have home-made taffy and maple-sugar, or any healthy compound that presents itself, —lemonade and hot cocoa. Let them have their play tea-parties, with dainty strips of bread and butter, or jelly if it suits them better, tiny sandwiches, small cakes and tarts. This is not too much work. Give it to them daintily prepared, and they will in all probability eat it daintily; they will be polite to each other; they will say: "Mrs. Brown, I should like another cup of your delightful tea"; "Mr. Smith, this milk is delicious; is it some of your own cow's?" Of course, they must have a little tablecloth, and some napkins, but they will put them all away themselves. It is not so much work, none at all in proportion to the enjoyment the children have.

Then there is another thing about good home food. Talk as we may about making eating a simple auxiliary in life, there is something more to it than that. There is a link between the college lad and home that is strengthened by the memory of mother's snowy tablecloths, the home-made bread and strawberry short-cake. It may not be the link we would choose, but whatever be the cause that strengthens a boy's love of home, it is not to be lightly ignored. It would be a faulty tact that openly declared to the children

these facts, but the most subtle webs have practical foundations, and there is something decidedly practical about the influence of proper food upon the health and character, and its refining influence in the family life.

This does not imply expensive food. It does not imply that a great amount of labor must be spent in its preparation. What it does imply is system, forethought, and management; no housekeeper who does not plan ahead for two or three meals is strictly a good manager. Children intuitively understand that in such a home there is a different atmosphere, and it has its influence. It will not correct all their faults, but if the reader will look backward she will recall numerous instances in her own childhood, which will serve to show what slight things influence children.

The suggestions here offered could not be strictly applied in wealthy homes. It is not those that I have had in mind. It has rather been the thought of the writer to seek to give dignity and importance to the cares and work which fall to the average woman; to show that on the mother largely depends the atmosphere of the home, and that, through the simple work of the hands, she may send out an influence that will never be forgotten.—*Floy L. Wright, Geneva, O.*

NURSERY PROBLEMS.

Growth in the Pharynx.

To the Editor of THE MOTHER'S NURSERY GUIDE:

There have been articles on the adenoid growth in children in your magazine, but I don't remember that anything was said about its recurrence after a surgical operation. Any information will be gladly received by

Concord, Mass. H. W.

Reappearance after operation—if well done—is rare. Some operators sometimes think it wise to subsequently search for small pieces that may be unavoidably overlooked at the first sitting, but the removal of these is a trivial matter.

Differences in Eye Pupils.

To the Editor of THE MOTHER'S NURSERY GUIDE:

I should be very glad if you could give me some information on a point that is troubling me. My baby is four months old. She was lying on the bed the other day when I discovered that the pupil of one eye was decidedly larger than the other; I wondered if it could be caused by a larger amount of light falling into one eye than the other, but I have examined her eyes a great many times since, and the right pupil is always the larger, except when both pupils are as small as possible. Can you tell me if this means astigmatism? Or what it does mean, if anything?

Cambridge, Mass. M. F. W.

We have seen such cases, and, so far as we know, it does not involve necessarily any optical irregularity. Such differences of the size of the pupil exist apparently independent of any disease.

Artificial Foods.

To the Editor of THE MOTHER'S NURSERY GUIDE:

Can you inform me where I can obtain a copy of a little book by Marion Harland, entitled "Our Baby's First and Second Years"? I have been unable to obtain it at the book stores. Also kindly give me advice as to the best artificial food for a four-weeks-old baby.

Westchester Co., N. Y. YOUNG MOTHER.

The book you refer to is published by Reed & Carnrick, New York, and we think can be obtained free on application. We presume that by artificial food you mean something for use when diluted cow's milk fails.

There are numerous Infant Foods in the market, the firm before mentioned making a specialty of this line of productions. Almost any manufacturer will send you free samples, but we cannot undertake to recommend any particular kind, especially without knowing particulars regarding the child.

Can Weaning be Reversed?

To the Editor of THE MOTHER'S NURSERY GUIDE:

I would like you to advise me as to the future care of my little baby boy. He was three months old yesterday and weighs just 15 pounds. I feed him from 5 to 8 ounces of condensed milk (Eagle Brand) in the proportion of three teaspoonfuls of milk to a coffee cup of water (boiling) every three hours during the day (8, 11, 2, 5), and he sleeps from 11 P.M. until about 5 in the morning without waking, sometimes longer.

He has been healthy since birth, sleeps well, and is of a bright, happy temperament. His one trouble is constipation, which has only appeared since he was one month old, at which time my breast milk became insufficient and I had to partially wean him, giving him alternately the condensed milk; this I continued until two weeks ago, when he began to refuse the breast, and after frequent unsuccessful trials I have been obliged to wean him entirely. The movements are from one to two a day, and generally one at night—very constipated and green. Upon my physician's advice I have given one teaspoonful of "milk of magnesia" in his milk once in twenty-four hours; this loosens his bowels, but the color remains the same, and if I neglect it once I find his bowels more constipated than ever. He takes cold easily, and has "snuffles" often at night, which I relieve by rubbing vaseline over his nose and temples.

(1) Do you advise continuing the condensed milk?

(2) Am I giving him enough and at the proper intervals? He seems to be always hungry.

(3) Would you advise me to try to nurse him again, and how can I induce him to take the breast?

(4) How can I get his bowels in a healthy, regular condition, and why are his movements green? G. E. Y.

(1 and 2) We have so often spoken of the advantages of some preparation of fresh milk as a food for infants that we hardly need repeat that we advise condensed milk only when such fresh milk cannot be had or be properly prepared. Condensed milk often agrees, and, temporarily, may be the best thing available in emergencies or for short periods. For constant use, as before said, we prefer fresh milk.

(3) It is doubtful if you can accomplish much, but the only way of trying is simply to offer the breast. Children often find it so much easier to take the free running supply of artificial food than to draw the milk from a somewhat reluctant breast that they wean themselves through laziness.

(4) Only by proper adjustment of food can the constipation be overcome, and at best an artificially nourished baby is liable to constipation if it escapes the diarrhœas of indigestion. The usual and most successful course is to combine laxative elements, such as oatmeal gruel, with the milk, and also to see that by some laxative or suppository or enema the bowels are regularly moved. The green color is doubtless due to a fermentive change in the digestive tract. The details of what you are to do must be laid down for you by your physician.

Popular Misconception of Medical Terms.

To the Editor of THE MOTHER'S NURSERY GUIDE:

Is there any difference between diphtheria and membranous croup, and is the latter contagious? And is it only allopathic physicians who consider them identical?

Covington, Ky. SUBSCRIBER.

We may say at starting that so far as we know there never was any school of physicians calling themselves allopathic or allopaths. But by a singular misuse of words the name is popularly applied to those who do not accept the doctrines of homœopathy or any other pathy. The special point asked about has never to our knowledge been made a distinctive one between any schools of medicine.

The identity of diphtheria and membranous croup has been very much discussed for many years, and the opinion has varied very much with time. Physicians who were in practice about thirty-five years ago, the time that diphtheria first reappeared in this country after a very long absence, pretty generally considered it as a very different disease from the then well-known membranous croup. As time has passed, this opinion has lost ground, and has nearly disappeared. We doubt if the question can be absolutely decided. But without any intention or desire to dogmatize, we may say that our own notion is this: That

the membranous croup of forty years ago was not diphtheritic; it was rather a rare disease as compared with diphtheria to-day, and the evidence of its contagiousness was wanting. On the other hand, to-day a membranous laryngitis (croup) is practically always diphtheritic, the change probably being due to the general diffusion of the diphtheria poison. There are many kinds of sore throat characterized by a membrane-like exudation, concerning the nature of which a good deal of doubt and difference of opinion exists among those well qualified to judge. Thus there are many cases which every one agrees to be diphtheria; other cases every one is equally sure to be non-diphtheritic; but between are many kinds of tonsilitis concerning which a guarded opinion must be given, unless one take the short and easy method of classing them all together as diphtheria, a method which tends to magnify the repute of the user, as a vast majority of his cases will get well.

We may mention one term only to condemn it: it is "diphtheritic sore throat." If any disease is diphtheritic it is diphtheria; if it is not diphtheria it is not diphtheritic. If the physician is not sure of its nature he should have the courage and honesty to say so, and not hide behind a tricky phrase. The danger of using it lies in the habit of people to be misled by a meaningless name, and neglect necessary precautions. Every doubtful case of throat disease should be treated as dangerous.

In leaving the subject, we may mention a similar dangerous blunder in the supposition that scarlatina is a mild or innocuous form of scarlet fever. Scarlatina is simply the Latinized technical name for scarlet fever; the blunder probably arises from mistaking the termination "ina" for a diminutive. Scarlatina is neither more nor less than scarlet fever.

Nervous Habits.

To the Editor of THE MOTHER'S NURSERY GUIDE:

My boy is two years old this month. He is quite a rosy, plump little fellow, and I consider him quite healthy, but for several months he has had a nervous way of jerking his hands and arms just before he falls asleep. He is never willing to be rocked asleep unless he can run one little hand between the buttons of his gown and put his first finger in his navel. He does not talk at all, but understands everything said to him and can hum the tunes of a dozen different songs nicely.

(1) Do you think the jerking mentioned indicates worms? If not, what do you suppose causes it?

(2) Can he hurt his navel in any way by putting his finger on it?

(3) Do you consider him unusually backward about talking? and what can I do to make him talk?

Rosedale, Miss. E. D.

(1) No. It is possible, of course, that any child may have worms, but the symptom probably has no such cause. The motions and the tricks with his hands are probably simply nervous habits, similar to thumb sucking. We could tell you of an immense variety of such habits, but they would hardly be instructive.

(2) He probably does not exert enough pressure to cause injury.

(3) He is certainly late in beginning to talk, but as his hearing is good he doubtless will talk all right by and by. Such children often begin all at once.

Diet and Sleep at Twenty-two Months.

To the Editor of THE MOTHER'S NURSERY GUIDE:

I would like some advice in regard to our first baby. He is twenty-two months old and is and always has been perfectly healthy, with the exception of occasional constipation. We fed him nothing but Mellin's Food and milk until he was a year and a half old. Since then his diet has been mainly bread and milk, varied by oatmeal, milk toast, stewed or baked apple, and a little rice or tapioca occasionally. He is very fond of molasses cookies, and has two a day. I use but little butter in making them. He does not like potatoes or broths of any kind.

For two or three weeks the skin on his cheeks has had a little roughness, giving it the appearance of being chapped. But such cannot be the case, as he has not been out of doors for some weeks. He had a cold, with a slight attack of bronchitis, and we have not thought the weather suitable to take him out. Early last winter he went out nearly every day. When he wakes from his morning nap his cheeks are a vivid red, but are not so at any other time. Lately, he has had bleeding at the nose two or three times.

He has always troubled us about going to sleep at night. I undress him at six o'clock, but he is seldom asleep until seven. The trouble seems to be in getting him quiet enough to fall asleep. He is an exceedingly active child, and seems unable to lie still upon going to bed. We have tried every device we can think of, all to no purpose, and we are about worn out with him. He sleeps pretty well all night, but is awake by five or half-

past five o'clock. He has a nap between ten and eleven in the morning. We have very little trouble in getting him to sleep at this time. Last summer I let him sit up until seven o'clock, but it made no difference. It was generally eight o'clock before he was asleep. As he is not still a moment when awake I feel that he ought to have all the sleep we can possibly make him take.

(1) What would you advise for his diet? Would an egg occasionally be well? Would you give him any meat before another fall? Do you think the molasses cookies harmful? Is corn cake too heating for so young a child? Would you give him any fruit this summer?

(2) To what do you attribute the roughness of skin on the cheeks, and the nose-bleed? Is not the latter unusual?

(3) Can you suggest anything in regard to the sleeplessness at night? Would you give up the morning nap, or would you try a later bed-hour? How long do you think it well to keep up the nap in the daytime?

Worcester, Mass. W. H. D.

(1) The food is already quite sufficiently varied. Make milk his chief food for some time to come; in the autumn give him one meal daily of finely minced meat, or an egg with his milk as additions. The molasses cakes are of doubtful advantage. The ability of children to eat such things varies; a few are not harmed by them; more, we think, are. Avoid the corn cake at present. Corn cake is a remarkably variable substance at best, being at one extreme a wholesome food for older children or adults, and so varying through all the indigestible conglomerations that culinary ingenuity can invent.

(2) Probably eczema but slightly developed. The nose-bleed we do not know the cause of.

(3) In the first place, we do not consider him wakeful. He sleeps from 7 P.M. to 5 or 5.30 A.M., that is to say, ten or ten and a half hours, and has a nap beside. Now, while some children take more sleep, many do not, and some do with considerably less. He has the usual peculiarity of busy-minded children of not suspending mental activity quickly. A certain time is required to "cool off," so to speak. The recommendation we have always given for such children is to begin this quieting process before bed-time. Suspend all play an hour beforehand. Give a light tea at five (milk or bread and milk only), undress him, and quiet him down before he is put into his crib. Sometimes the bathing of the feet and legs with warm water makes a diversion of blood from the head, and facilitates the quieting process. But an active child that is taken from play and put to bed, and quiets down in an hour, we think does pretty well. Keep up the nap just as long as you can.

Change of Diet at Fifteen Months.

To the Editor of THE MOTHER'S NURSERY GUIDE:

I would like to ask a question regarding my little girl of fifteen months. Since I weaned her I have been feeding her on one-fifth oatmeal gruel strained, and four-fifths top milk. She has improved upon it, for my breast milk was not very good. She takes a half pint of this every four hours, but I am troubled by her very frequent use of the chair. When may I begin with solid food, and what shall it be? My older child was a BABYHOOD baby, and at eighteen months had beef juice, graham crackers and rare eggs.

Foxboro, Mass. R. W. S.

The main food must be milk for the first two years at least. Beef juice may be given at any time now if called for, but there is no evident need in the case of your child. Eggs —with an average digestion—would better be postponed until the hot season is past. Graham crackers may be given when the chewing teeth are through. There also may be given mushes of the various cereals as they are found to agree. You will find a dietary in a recent number of the magazine.

Summer Problems.

To the Editor of THE MOTHER'S NURSERY GUIDE:

Again I ask for advice concerning my little boy, who will be a year old next month. He is a small baby, weighing about fourteen pounds, but, as he is plump and well, the light weight causes no alarm. He has two teeth, with the prospect of more very soon, and sleeps well.

He has taken Mellin's food since five months old. His digestion is good. He has 33 ounces of milk and 4 ounces of water, with seven large tablespoonfuls of Mellin's in twenty-four hours, having about seven and a half ounces every four hours between 6 A.M. and 6 P.M., and at my bed-time.

(1) Would you advise giving the same food all summer until cool weather, and, if not, what changes do you advise?

(2) Will it be necessary to heat the milk during the summer? If so, what contrivance would be best to take away for heating purposes?

(3) Does the presence of Mellin's food render the milk less liable to changes caused by atmospheric conditions, as thunder, etc.?

(4) When shall I discontinue the 10 P.M. feed-

ing? If advisable, I would prefer to do so before taking him among strangers.

(5) He has been wearing flannel night-dresses, about ten inches longer than he is. In making new ones (these are rapidly running too small around the waist), do you advise short flannel ones, or would other material be preferable?

New York City. SUBSCRIBER.

(1) It seems to agree and probably will do so through the summer. He may need larger meals.

(2) It should, we think, be got blood-warm for some time to come. A common oil-stove lamp is most economical. Alcohol lamps are tidier. Immersing the bottle in a vessel of hot water is a good way, if you have kitchen privileges.

(3) We think not. Thunder will not affect milk of itself. Certain bacteria are more active (apparently) in weather which favors thunder storms; but a well-corked bottle of sterilized milk, or any thoroughly sterilized food, will resist all the thunder storms of a season.

(4) He will need an evening meal for some time yet, but that meal may be made earlier than it is now given, if you prefer.

(5) Long flannel night-gowns are an excellent protection against night chilling. In nights when the covers are thrown off, a night-gown fastened at the bottom, or night drawers of flannel, are convenient.

Aids for the Kindergarten at Home.

To the Editor of THE MOTHER'S NURSERY GUIDE:

Kindly advise me what books to obtain, and where to get them, for a *beginning* of the study of the Kindergarten method, which my wife is desirous of learning in behalf of our little one.

Dallas, Tex. H. H. S.

Among the best books for a comprehensive beginning of the study of the Kindergarten system are:

"The Child," translated from the German of Madam Marenholtz Bülow, published by E. Steiger, New York. (Its revision, called "Child and Child Nature," does not take its place, but is a valuable second step.)

"Early Training of Children," by Mrs. Frank Malleson, published by D. C. Heath & Co., Boston.

"Application; or, The Essential Mental Operation in the Act of Learning," by T. G. Rooper, published by C. W. Bardeen, Syracuse, N. Y.

"Kindergarten Culture," by W. N. Hailmann, published by Van Antwerp, Bragg & Co., Cincinnati.

Fear of Being Alone; Neglect of Food.

To the Editor of THE MOTHER'S NURSERY GUIDE:

Now that my little ones have passed the confines of babyhood and are over five years old, I often wish that the scope of your journal could be enlarged to take all the domain of childhood in its care. As children grow older there seem to be even more doubtful points in their training and management than while the physical care was the one thing needful. I will venture to ask advice on two of my difficulties.

(1) What can be done when a child who, having gone to sleep alone and without any fear, from infancy, suddenly begins to be excessively nervous and unhappy at bedtime? I cannot find out any cause of fear; the child is well and, when she does go to sleep, generally passes the night without wakening. She will go into a dark room alone without being even told to do so, if she wants to find anything; some one always stays in the next room during the evening, and she knows that it is so. I am afraid to yield in the matter of lying down beside her, yet have been obliged to do so once or twice when she lay awake until eleven, after being put to bed at eight. Generally, she goes to sleep in a few minutes; but, when I kiss her good-night, her cheeks are hot and her hands cold, and she does not want to let me go. She does not study in the evening. I tried playing games, but found that they caused too much excitement, and generally read to her while she sews until half-past seven, when the undressing and the trouble begin. Her fear appears to be of bad dreams, but she takes her supper, not a heavy one, at six, and her digestion appears to be perfect; so I do not think that the stomach can be at fault. This trouble has lasted for about a month, and has been worse since one evening when her father and I happening to go out, she awoke, called, and no one answering, got up and went to the kitchen; one of the maids at once coming up stairs with her and staying until we returned. Do you think her nervousness will soon be outgrown, or ought I, at any sacrifice, to lie down beside her every night?

(2) The other question is as to the quantity of food that a child should be urged to take. This child is nearly eight, and very tall and large; at seven, she weighed seventy pounds, and was fifty-three inches in height; she has always been well and strong; whooping cough and an attack of grippe, when it was epidemic here last winter, make up the list of her illnesses. She does not eat between meals, and takes very little candy or sweet food of any kind. Sometimes she seems hungry, and will eat without any trouble; but more often she must be urged, and sometimes actually fed, to make her take what seems to us a reasonable meal. We try to give her as great

a variety as possible of wholesome food, and not to indulge her in fancies as to not liking certain things. She drinks a quart of milk a day, taking it at meals; she never needs any persuasion to take that, and will sometimes ask for milk between meals, when it is always given her. She takes a great deal of exercise, is in the open air almost all the time in summer, and from one to three hours a day in winter, according to the weather. She works hard at school, being in classes with much older girls, and always keeping at the head of the class. One of her teachers, a woman of experience, says that she is given too much to eat, and is too restless and active; that she should not be persuaded to eat more than she will take of her own accord. It seems to me that when a child is growing fast, and using body and mind in the most active way, she should not be allowed to merely eat enough to take off the edge of her appetite and then go to some amusement. She is strong in a muscular way, takes long walks, and attends a gymnasium and a dancing school, and, unless asleep, is never quiet or idle for a minute. She has never, in her life, asked me "what shall I do next?"

One of the greatest troubles in bringing up children is the constant advice one receives from people who tell you that you are doing all wrong, and will injure your children in body or mind by the very course that seems to you to be the best.

Philadelphia. T. B. C.

(1) We think that it will be outgrown. We believe that adults often do not at all appreciate the keenness of the mental impressions of children. A bad dream which an adult puts aside with a shake of his pillow is a real terror to the child. But, fortunately, the impressions fade if not kept alive, and, probably, if the little girl finds that she is not to be left alone, the dread will presently fade, and after a little time she will not desire you. We doubt the advisability of her sewing after tea, or doing anything which fixes her attention strongly, until this evening dread is gone. We don't know her age, however, and it may do no harm, if this child is not the same as that mentioned in the next question.

(2) If the child sits at table with you we think that the following rule is ordinarily safe. If she is made to understand that she cannot go to play until the adults have finished eating, her appetite, after a few days, may be tested as a standard of her needs. Children will bolt food, or neglect food, if they are not very hungry and are very much interested in something else; but if they must stay at table, food gets the attention. So, if she is not at your table, you may fix a time to be spent at the meal, and it will be better if you superintend the function yourself. As a rule, we think this plan will suffice. Exceptions arise when a child is ill, or when the scantiness of the appetite exceeds what may be considered the normal limit of variation, which is a pretty wide one even for children, although less, we think, than for adults.

You are quite right about the pestilence of unsolicited and irresponsible advice.

Summer Night-Clothing.

To the Editor of THE MOTHER'S NURSERY GUIDE:

Will you kindly advise me what material for night clothes you would consider best suited to the needs of an eighteen months' child this summer who will pass the season at the seashore and has yet the stomach teeth to cut?

Medford, Mass. MRS. W. S. S.

A light, fine, cotton-and-wool flannel, which may be had at about fifty-five cents a yard, makes the best summer-night garments. With proper washing it does not "full," and is in every way safer, and but little warmer, than muslin for the seashore.

Condensed Replies to Various Letters.

Mrs. F. W. Le P., Clinton, Iowa.—The method of night-dressing seems quite suitable.

Anxious Mother, Newark, N. J.—Such cases as you describe are common. Scrupulous care of the parts—washing with water and then with a saturated solution of boric acid—is generally enough for local treatment. Tonics are usually needed. If the flow does not quickly disappear, consult your physician.

PITTYPAT AND TIPPYTOE.

ALL day long they come and go—
Pittypat and Tippytoe;
Footprints up and down the hall,
Playthings scattered on the floor,
Fingermarks along the wall,
Tell-tale streaks upon the door—
By these presents you shall know
Pittypat and Tippytoe.

How they riot at their play!
And, a dozen times a day,
In they troop, demanding bread—
Only buttered bread will do,
And that butter must be spread
Inches thick with sugar, too!
Never yet have I said: "No,
Pittypat and Tippytoe!"

Sometimes there are griefs to soothe,
Sometimes ruffled brows to smooth;
For—I must regret to say—
Tippytoe and Pittypat
Sometimes interrupt their play
With an internecine spat;
Fie! oh, fie! to quarrel so,
Pittypat and Tippytoe!

Oh, the thousand worrying things
Every day recurrent brings!
Hands to scrub and hair to brush,
Search for playthings gone amiss,
Many a murmuring to hush,
Many a little bump to kiss;
Life's indeed a fleeting show,
Pittypat and Tippytoe!

And, when day is at an end,
There are little duds to mend;
Little frocks are strangely torn,
Little shoes great holes reveal,
Little hose, but one day worn,
Rudely yawn at toe or heel!
Who but you could work such woe,
Pittypat and Tippytoe!

But when comes this thought to me,
"Some there are that childless be,"
Stealing to their little beds,
With a love I cannot speak,
Tenderly I stroke their heads,
Fondly kiss each velvet cheek:
God help those who do not know
A Pittypat or Tippytoe!

On the floor, along the hall,
Rudely traced upon the wall,
There are proofs in every kind
Of the havoc they have wrought;
And upon my heart you'd find
Just such trade-marks, if you sought.
Oh, how glad I am 'tis so,
Pittypat and Tippytoe!

—*Eugene Field, in Chicago News.*

CURRENT TOPICS.

The New York City Milk Supply.

MILK being such an important and necessary part of the daily food, the necessity of having it fresh and pure is evident, and the proper standard is maintained only by the greatest care and vigilance on the part of the authorities. The present system of inspection is very thorough. The city is divided into seven milk districts, an inspector, accompanied by a sanitary officer, being detailed to each, and their duty is to know the location of all milk dealers, their reputation and the quality of milk sold by them. There are now from five to six thousand such places. The inspector tests the milk by means of the lactometer and thermometer, by appearance, odor, etc., and when found adulterated he destroys it by pouring it into the gutter, at the same time giving the dealer a sealed sample. The Health Department then prosecutes the dealer, and, on conviction, a fine of from $25 to $250 is imposed, with an occasional sentence of imprisonment to old offenders. During the summer months early morning inspections are made of the milk as it is delivered by dealers to consumers, and inspections are made at night at ferries and depots where it enters the city. These systematic examinations have improved the quality of the city milk wonderfully; one can now procure pure milk in the poorest districts, the number of samples of adulterated milk found becoming less and less each year with an increased supply and livelier competition.

The adulteration of milk at the present time is confined principally to the addition of water or the removal of cream; occasionally, both are practiced on the same sample.

What is the effect of such adulterations? The addition of water is harmful in many ways, even when the water added is pure. Besides being a commercial fraud, we can readily see that the nutritive value is decreased, and it has often been demonstrated that children were being starved by being fed on what proved to be watered milk. But we have not even the guarantee that pure water will be used —in fact, circumstances are against that in most cases, where the water is taken from wells or springs in the dairies. Such wells, from the unsanitary condition of the surroundings, may become contaminated and the water from them dangerous. Epidemics of typhoid fever and diphtheria have been traced directly to the use of milk adulterated with contaminated water, and when we reflect that we have no simple or practical methods of detecting disease germs in milk, it becomes absolutely necessary to exclude all milk to which water has been added. The removal of cream from milk has the effect of making the resulting skimmed milk less digestible, and robs the milk of its most valuable constituent.

Antiseptics or preservatives are often added to milk, but only in small quantities; they are classed as adulterants, and their use should be prohibited. Among the principal preserving agents used for milk and cream are borax, boracic acid, saltpetre and salicylic acid. These bodies retard the "souring" of milk, thus removing the natural and popular indication of the age of the sample.

Milk from cows improperly fed or suffering with disease becomes a source of danger. Certain kinds of feed, such as distillery swill, produce a milk deficient in fat, easily coagulated, and the curd of which is extremely tough and tenacious, hence difficult to digest. Such milk would be dangerous as a food for infants. Fortunately, the energetic efforts of the City Health Department have put a stop to the use of such food in the city. It may be taken as an axiom that an abnormal food will produce an abnormal, and consequently un-

healthy, milk. Diseased cows give little milk, yet that little may, even when mixed with a large quantity of pure milk, produce fatal results. A cow was slaughtered last year in one of the abattoirs in this city. The animal was found by the meat inspector to be suffering with tuberculosis. The carcass was, of course, seized and destroyed, but the matter was not allowed to rest there. The President of the Health Department, Mr. Wilson, at once sent the inspector and a veterinarian to the farm to examine the cows. Several were found to be suffering with tuberculosis, and notice was at once given that all milk from this farm would be seized and destroyed if brought to the city. The wisdom of this course became apparent, as a sample of milk from one of the cows having been examined, the *bacillus tuberculosis* was identified.—*Drs. Martin and Lederle, Chemists of the Health Department, in "Food."*

Simplicity in Furnishing.

If people could only be guided into simple habits and ideas as regards so-called comforts and ornaments, we should not only be more likely to develop noble art, but also to secure less toil and trouble in the care and keeping of the useless gimcrackery with which the homes of all, from noble dukes to well-to-do tradespeople, at present abound. As a rule, it may be safely admitted that rooms are too much furnished, and that the doors, windows, fireplace, floor, walls and ceiling have too little competent care bestowed upon them. Were the constructive features of a room properly looked after, much furniture and upholstery would be as needless as it is troublesome to keep in order and move about. And this brings about another important point in house-furnishing too often forgotten—the question of dust. Dwellers in town are particularly subject to this all-prevailing evil, an evil arising not altogether from without.

Houses are more or less vibratory, especially when there is heavy street or train traffic in the vicinity, and we have not yet cleared out our stock of smoky flues. So, that, in addition to paying particular attention to the fitting of doors and windows, we would urge the selection of only such furniture as may be easily moved about or so raised above the ground as to leave at least nine inches clear space underneath. Avoid useless side tables and cabinets, which are so often dragged in for no other purpose in the world but to carry "art emporium" rubbish. Remember that all furniture beyond what is really necessary for comfort and convenience only provides so many more traps wherewith to catch the dust. Avoid all woolen and fluffy stuff in such upholstery as it may be deemed necessary to have. To those whose means admit it, we would suggest the use of thin parquet over old floors; upon such a floor only one or two rugs, in lieu of the usual carpet, would be needed, which should be of a close, hard texture. Then we would abolish forever the hideous practice of covering our furniture with all kinds of drapery and frippery.—*Scientific American.*

The Babies' Hospital.

A correction, which we cheerfully print, is sent us by Dr. L. Emmett Holt, attending physician to the Babies' Hospital in this city, who writes to us: "In an article in your May issue [quoted from the New York *Tribune*], a statement is made regarding the Babies' Hospital which needs correction, viz., that the Babies' Hospital '*closes its doors during the summer*, taking its children to a summer home'; the inference being from this that the Babies' Hospital is not open for the reception of sick children of the city during the summer months. The facts are that the Babies' Hospital is always open for the reception of children, summer and winter, but during the hot season the greater part of the children are transferred to a country branch at Oceanic, N. J., by boat, where the children have the advantage, first, of the cool sail upon the bay, and secondly, of pure country air on their arrival. These transfers are made every other day, to and from the city: the well children being brought back as the sick ones are taken down.

"The Babies' Hospital has only the kindest feelings toward other institutions that are

striving to do something to diminish the immense infantile mortality of our great city, but statements like the above certainly tend to mislead one who is not familiar with the facts. Since this summer work of ours has been proven by experience to be one of the most valuable departments of the work of the Hospital, it is desired by all friends of the children that the facts should be known. The Babies' Hospital is at 657 Lexington Avenue, and has twenty-seven beds for the exclusive care of sick infants. As it is the only Hospital in New York City given up to this work, it would be false to its trust to close its doors during the summer, when the need of hospitals for little children is greatest."

Spare the Rod.

SHALL we punish our little ones, and, if so, how? is the question that taxes the brain and wrings the heart of many a fond mother. One would think she feared she might be called upon to play the part of a Jameson, compelled to act as Stanley's slave-driver while longing to sketch the savage and catch butterflies. It is so much pleasanter, if Karl or Katharine has been guilty of naughtiness, to gather the plump little sinner close into one's arms and invent some telling story of the "naughty spirit" that is in each of us, warring against the good we would do. The small man or woman is comforted, while unconsciously stimulated to resist temptation. But, spite of all the kindergarten talk of love and sunshine, a need is sometimes felt of sterner forces—a real deterrent power.

In this last decade of the nineteenth century we have grown so much wiser than our mothers and grandmothers, poor dames! that most of their approved methods fill us with pity and amazement; none more so than those they followed in disciplining their children. But even Herbert Spencer, who has done more than any other one man of our time wisely to modify the training of children, does not limit parents to the application of natural penalties. He distinctly says that in the earlier years it is often necessary to supplement such penalties by severer arbitrary ones.

All punishment seems to the unthinking cruel; but it may veil the deepest tenderness. Not long ago a little blue-eyed maiden, dear to me as my own life, was seen with a pin in her mouth. It had not been expressly forbidden. From babyhood, pins, pennies and buttons had been occasionally allowed as playthings, partly with an idea of training her not to subject all things to the sense of taste. But now, as she was nearing her fourth birthday, and becoming an adept in the business of dolls' dressmaker, she fell before the temptation of the seamstress, to make a pin-dish of her mouth. As I told her the great danger that might follow the swallowing of a pin, and the grief it would be to all of us to have her suffer, she was gravely attentive, and submitted without a murmur to have all the paraphernalia of her trade taken away from her for the day. After sitting in a high chair in silent meditation for a while, she solemnly announced, "I sink I can 'member," and was allowed to betake herself to other play, while I complacently reflected how seldom severe measures were necessary. To my dismay, the very next afternoon, as the little woman stood by me completely absorbed in pinning and fitting—those pathetic first attempts—a pin was put into the mouth, ready for instant use. I could see how convenient it was, how unconscious the act. But a tragedy in the family of a friend had made me as afraid of a pin as of a pistol, and I had to break in upon the pleasant contriving and go over again the story of danger, asking her to think for me what would be the best way to help her. With quivering lips and gathering tears she decided she must be punished, and that of all punishments a whipping was the worst, adding, "But I'm soor one fip would be enough to keep me 'membering." And it was; for weeks there has been the greatest care in laying down pins, and the habit seems formed. It would have been the reverse of kindness merely to cuddle and comfort the wee lassie after she had judged herself.

While the whipping of an elder child has in it an element of degradation that often

arouses the worst passions and justifies the protests that have been raised against brutal flogging, is it not possible that in rare cases, with young children, the sudden sharp tingling of pain is the best help in deterring from dangerous experiments? May not the reaction from faith in Solomon's warning o'erleap its bounds?—*Laura Brownell Collier, in the Christian Union.*

Children's Interests at the World's Fair.

THE greatest value of a World's Fair is its educational influence. If the Centennial Exposition had done nothing else, it would have served a noble and permanent end in stimulating the intellectual and artistic impulse of the country, in furnishing the opportunity of comparing our work with the work of other nations, and in generally elevating public taste. The educational idea will have great prominence in the Chicago Fair; and while that Fair will bring together, as never before in the history of the world, the results of human ingenuity and toil, and present them in a form more beautiful to the eye than they have ever been presented before, both as regards arrangement, housing and environment, its chief service will be as an educational influence.

The project, therefore, to introduce into the Fair an exhibition of the work and educational life of children may, if properly managed and carried out, prove one of the most interesting features of the Exposition. Everything will depend upon the character of the people who are at the head of it. This country has suffered enough from mechanical teachers and educational managers without adding another chapter to its long history at Chicago. If childhood is to find proper exposition at Chicago, it can be secured only through the service of the most competent, intelligent and progressive men and women at the head of affairs.

There is one feature, however, of such an exposition which ought to be promptly and permanently dismissed by the expression of public opinion, and that is the plan to introduce into the various illustrations of child work and education at the Exposition children themselves. It is proposed in some quarters to have kitchen gardens and kindergartens, games and amusements, and the whole life of childhood illustrated by children. This would be in every way offensive and demoralizing. Even if it were possible to educate the public in this way, it would be a crime against children to use them for such a purpose. It would practically involve the sacrifice of a large group of children for an end which can be much better served in other ways. To put children on exhibition from May until October next year, to be looked upon by hundreds of thousands of people, would demoralize the children and vitiate the taste of the whole country. This is a vital matter, and demands frank speaking. Let us have the exposition of child life, but leave the children to the quiet and seclusion which are their natural and necessary safeguards.—*Christian Union.*

Climatology in Relation to Childhood.

AS regards childhood, we may safely lay down the general laws that children respond more readily to change than their elders, that they commonly do very well at the seaside, that they often benefit most signally by a sea voyage, and do not suffer severely from the discomforts attending such a voyage, that they enjoy and benefit by a country life, that they suffer more than grown people from the depressing influences of city life, and that as a rule to which there are probably many exceptions, they do not specially benefit from the climate of high altitudes. Such, in brief, seem to be the leading principles of the climatology of childhood and early adolescence.

That children love the sea, and that the sea very generally suits them, are familiar facts of observation. The explanation is to be found in such considerations as that children are commonly in a condition to bear stimulation, not having used-up nervous systems; that they are attracted by the sea and its products, and by the amusements natural to the seaside; and that some of their commonest ailments, such as struma and rickets, are among the affections most amenable to marine

influence. It is very striking how happy children are, as a general rule, on shipboard; how readily they accommodate themselves to their novel conditions of existence; how little they suffer from seasickness or the other inconveniences of the life at sea; how deeply they are interested by the rather monotonous round of sights and sounds, and how astonishing is frequently their progress toward health under such conditions.

The enjoyment and benefit which children derive from country life do not call for comment. That city life, especially under the unsanitary and unwholesome conditions prevailing in many of our large centers of population, is prejudicial to the normal and healthy development of the child, is a fact sufficiently obvious, but for which it is difficult to find an adequate remedy. The question is too large to be discussed incidentally in this connection, but it is not too much to say that the great problem in hygiene which the twentieth century will be compelled to solve will be how to reconcile the growth of great cities with the preservation of the national health.

That the mountain climates are not very suitable for children is probably a true general principle, but one upon which it would be rash to insist too rigidly. The explanation would appear to be that, upon the whole, the general conditions of climate and life which exist at high altitudes, although highly stimulating in certain morbid conditions, do not promote in a similar degree normal physiological development. We must admit, however, that this point has not been at all adequately worked out, and that any hard-and-fast rules are, at least, premature.—*London Lancet.*

Mote and Beam.

THROUGH the open window came the shrill sound of a woman's voice. It issued from the large apartment house just behind Mrs. Eddy's, and that lady, who was sewing beside her window, hastily closed it, with a deeply disgusted expression upon her face. It was only the reproof of an angry and not especially refined mother to her very likely deserving offspring. She did not swear nor say anything worse than "shut your mouth," which was persistently repeated, but that was sufficiently offensive for Mrs. Eddy. As she closed her window with a bang, she thought: "How can a woman so far forget herself as to screech out in that way and proclaim herself to a whole neighborhood as a common scold! It is shocking even to live in the vicinity of such a virago."

Mrs. Eddy went on with her sewing. In her soul was a virtuous sense of superiority. All was peace in her orderly and well-furnished sitting-room. It would indeed be a wicked woman who would scold and storm amid such surroundings.

Suddenly the feet of the children were heard pattering along the hall. The door was burst open and in they rushed.

"Mercy!" cried the eldest girl, "how warm it is in here. I should think you would smother!"

She hurried to the window and threw up the sash. Her mother then, for the first time, perceived that the child had left well-outlined footprints of mud quite across the room. The three other children, who were flocking about the apartment in different directions, were also leaving similar marks upon the carefully swept carpet. The whole peaceful atmosphere of the place was altered.

"Eleanor! You naughty girl!" cried the exasperated mother. "As old as you are, and brought up with such pains! See what tracks you have left! And Harry! You are at it, too! This is disgraceful! The room will have to be all swept over. It seems to be useless to try to bring up children! Here, every one of you go down to the dining-room! Mercy! what a sight this room is!"

Little Mrs. Eddy's voice had risen and risen during her very earnest remarks until she ended well up toward high C.

"Mamma!" said little Esther, suddenly, "there are two women over in the windows behind us who are hearing you talk to us."

Mrs. Eddy glanced toward them. One was the very mother whom she had just been despising. Her trials were over for the time, and with a cheerful-looking baby in her arms she was looking hard in Mrs. Eddy's direction,

There was an expression of amusement upon her face.

"Those vulgar, annoying creatures!" exclaimed Mrs. Eddy. "Harry, close the window."

"You were speaking a little louder than usual, mamma," said nine-year-old Harry as he sprang to do his mother's bidding. This was undeniable, and Mrs. Eddy, burning with shame, made no comments.

"I'm sorry we brought in so much dirt, mamma," the eldest girl now found courage to say. "I'll take it up myself with the little dustpan and brush."

Her mother murmured vague approval of this proposition, and, disposing the children for their various duties and sports, hid herself in her chamber and fairly wept in the depth of her mortification. She was a Christian woman, highly educated and with refined tastes. Could it be possible that she was as much a "common scold" as the uncultivated and undisciplined woman whom she had mentally condemned? Thousands of excellent women, who may not happen to have had a strong light turned upon them at just the right time, as Mrs. Eddy had happened to, may well ask themselves the same question.—*Kate Upson Clark, in the Cumberland Presbyterian.*

The Kindergarten at Naples.

YESTERDAY we accompanied some American ladies to the flourishing Froebelian Institute founded by Mme. Schwabe some five and twenty years ago. The building, given or lent, almost tumbled about their ears, and here also the proverb, "All evil harms not," proves true. The boarding-school had to be given up, and, instead, a popular kindergarten and elementary school substituted. The few habitable rooms upstairs are reserved for the normal school for women licensed to teach in the elementary schools, who here learn the kindergarten school system thoroughly. The present directress is a German, the director an Italian. They work well together, and have in the infant schools 420 waifs and strays from the slums, who are taught cleanliness and order, have soup at midday, and are generally dressed and booted by the parents of the well-to-do children who frequent the same school, eating the same soup and paying seven lire a month. The same system is maintained in the elementary classes. Who can is made to pay for who can't. The mistresses and professors for the high and kindergarten schools number forty-five, the whole "family" over a thousand; yet Miss Baermann and Signor Quarat manage to pay all and have no debts, with something over eleven thousand dollars a year. This includes the salaries, the soup, the gratis pinafores and washing of the same, the lighting, and fire for cooking. The boarding schools could not maintain more than a tenth of the number. These children left in their homes at night and on Sundays, are a reforming influence there. Their mothers are proud of them; they keep neat and do not pawn the dresses given, they wash the children and clean their heads. Great excitement prevailed during our visit, for the name of the beloved director is Joseph, and he was to be got rid of early, on some pretext or other, because the children and the teachers were going to deck his room and prepare garlands and flowers for St. Joseph's namesake. All the little St. Josephs also were to have toys. It was delightful to see what love and kindness prevailed. So struck was the American lady by the intelligence, brightness and cleanliness of the children that she could hardly believe they were waifs and strays from the slums, but one ten-minutes' drive down from the back of our hotel, though we did not visit by any means the worse parts of Naples, convinced her of the necessity and the use of the institutions for children and parents both.—*Naples Correspondence of the Nation, New York.*

THE

Mother's Nursery Guide.

BABYHOOD

VOL. VIII. AUGUST, 1892. No. 93.

CATARRH OF THE STOMACH.

BY HENRY DWIGHT CHAPIN, M. D.

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BY the term catarrh, as ordinarily employed, is meant a diffuse and usually superficial inflammation of a mucous membrane. Thus the nose, throat, stomach or bowels may each be the seat of a catarrhal process, the symptoms of which will depend upon the organ involved. As inflammation is apt to spread along a surface by direct continuity of tissue, several adjacent parts may at the same time be in a state of catarrh. The close connection between the stomach and bowels, and the constant passage of food along the alimentary tract, explains why a catarrh is apt to spread from one to the other part of this canal. Indeed, disorders of all kinds of the stomach and intestines are apt to exist together. The trouble may begin above and spread downward, or *vice versa*.

In the present paper will be considered only those cases in which the catarrhal process is so largely confined to the stomach that the symptoms can be referred to a disturbance of this organ.

Causes.

The principal cause of the trouble is in a persistent administration of food that is improper, either as to quantity or quality, or both. Bottle-fed babies are more apt to suffer from catarrh than those on the breast. Cows' milk may be given in too concentrated a form, or too acid, with a result of tough curds forming in the infant's stomach, which prove very irritating. Sometimes farinaceous substances, as potatoes or oatmeal, are given too early, or in too large amounts, and the resulting acid fermentation, if not corrected, will eventuate in catarrh. Occasionally, the administration of nourishment that is too hot or too cold may be responsible for the disease. Aside from food, exposure to cold in cases of children who are poorly clad, or are under bad hygienic influences, may induce a catarrh of the stomach in the same way as it would a catarrh of the throat, or any other organ. Personal uncleanliness and exposure to bad air will predispose to this disorder. Various constitutional conditions, especially rickets, act as predisposing causes.

The disease may appear at as early an age as two or three months, or at any time during infancy or childhood. The symptoms vary according to the age of the child, and according as the attack is acute or chronic. Many cases in which a disorder is attributed to "biliousness" or dyspepsia are really cases of mild catarrh of the stomach.

Cases Occurring during Infancy.

In infants, the principal symptom will be persistent vomiting. The vomited matters consist of undigested food mixed with mucus or phlegm. In spite of this condition, the infant generally takes the bottle with avidity. As there is a direct continuity between the mucous membrane of the stomach and that of the mouth, the former cavity cannot be disturbed without affecting the latter. Thus, a careful examination of the mucous membrane of the mouth will, to a certain extent, reveal the condition of the membranes of the stomach. In the cases here described, the mouth may be covered with small white patches known as

"sprue," or may simply show a deep-red, irritated condition. If this lasts, there will follow a rapid emaciation, owing to the inability of the infant to thoroughly digest or assimilate its food. There may be little or no diarrhœa, unless the bowel is likewise affected. In aggravated cases, there will be tenderness over the pit of the stomach, shown by wincing or crying of the infant when pressure is made at this spot. The pulse becomes weak, and death will take place from exhaustion and atrophy if the disease is not checked. Many obscure cases of failure of strength and vitality in infants are due to catarrh of the stomach.

The Disease in Young Children.

Vomiting is not so constant in young children as in infants. In most cases, indeed, it is absent. If present, it may take place immediately after meals, and consists of food and sour-smelling mucus. There may be complete loss of appetite, or a craving for pungent and highly seasoned food. Occasionally, considerable nausea is complained of, and there are constant eructations of acid and gas after taking food. The breath is apt to be very foul. The tongue may have a thick, brownish-gray appearance, or be covered with oval patches caused by erosions of the mucous membrane, presenting an eaten-out look. Sometimes, in connection with a coating of the tongue, the tip and edges present a bright-red, irritated appearance, and this may be accompanied by much salivation. The child looks ailing, having a sallow skin and dark rings under the eyes, with a listless manner and lack of interest in its surroundings. There is often a dull headache, perhaps localized in the forehead. The urine often has a reddish sediment and becomes offensive upon standing. In some cases, there will be an elevation of temperature, but often there is no fever during the course of the disease. Occasionally, severe pain in the stomach will be complained of, particularly after the ingestion of food that is not easily digested. This may soon be followed by retching and vomiting, first of food and then of mucus and biliary matters, that is very distressing to the child. Such an acute disturbance may leave the patient weak and irritable for some days. Catarrh of the stomach is sometimes

Complicated by Jaundice.

After a few days of stomach and digestive disturbance, the whites of the eyes and the skin take on the peculiar greenish-yellow coloring that is peculiar to this condition. The cause of this complication, which does not appear to aggravate the symptoms, is found in the fact that the catarrh has spread from the stomach to the adjacent part of the small intestine, where the excessive secretion of mucus has blocked up the common bile duct which opens into this part of the intestine. Jaundice occurring after the period of infancy is almost invariably due to a catarrhal disturbance, which may be persistent, but is not apt to be serious in its consequences.

Tendency to Recurrence.

Some badly nourished children suffer from repeated attacks of stomach catarrh. They are usually such as are fed upon highly spiced food or that which is very fermentable. Large quantities of boiled potatoes, oatmeal that is not thoroughly cooked, rich puddings, pastry and fancy cakes may be noted in this connection. The excessive amount of acids developed by the faulty digestion of these foods acts as a continual source of irritation to the delicate mucous membrane of the stomach. These attacks so debilitate the child that he presents the appearance of suffering from some grave constitutional disease. He is pale and thin and his parents fear he is "going into a decline." This phrase generally means, as far as it can be said to mean anything, that the patient is a victim of one of the slow forms of tuberculosis. A careful examination of the lungs and abdomen by a physician may be necessary before deciding whether a faulty nutrition and impaired vitality are really due to repeated attacks of catarrh of the stomach that may be corrected, or to some grave constitutional condition that threatens a fatal ending.

Children who are subject to recurrent

attacks of stomach catarrh may be occasionally seized with fainting fits that are very alarming to the parents, but are really not very serious. The close relation between the stomach and the heart is explained by the anatomical fact that the latter organ is placed just above the former, being separated only by a thin muscle known as the diaphragm. If the stomach is distended with gas, the heart will be subjected to pressure that may induce uncomfortable sensations. Some of the common symptoms of dyspepsia in adults, as well as in children, are pain, palpitations and irregular action of the heart. It may be said that, as a rule, disturbances of the heart not caused by disease of this organ, are very apt to proceed from the stomach. An examination by any capable physician can soon settle such a point.

Treatment.

The first and most important requisite in successfully treating catarrh of the stomach is to exercise a prolonged and rigid oversight of the diet. Starches and sweets, being readily fermentable, should be given very sparingly, or, in severe cases, not at all. Freshly made broths, such as mutton and chicken, are usually well tolerated, also ordinary beef tea. Dry toast or zwieback may be taken with these articles. Milk can generally be given, but it is well to add lime-water, to one-quarter or even one-half of its bulk. As improvement ensues, chicken, lamb or mutton, and rare lean beef may be administered. Sometimes a little broiled fresh fish will be enjoyed, and fresh eggs, soft boiled or poached, are allowable. If the case continues to improve, green and succulent vegetables, such as celery, lettuce, asparagus, spinach, watercresses, etc., will prove agreeable and harmless. Great care must be exercised not to overload the stomach, for if more food is put into this organ than it can take care of, the irritation and inflammation will be sure to return. Even after recovery has taken place we must remember the constant tendency of this disorder to return upon slight provocation.

Children suffering from this disorder must abstain from pastry and rich puddings, and highly seasoned foods of all kinds. When potatoes are allowed, they should be given only when thoroughly baked. Milk puddings, such as custard and rice, can be used as desserts. The internal surface of the stomach in cases of catarrh is lined with acrid mucus, which surrounds the food upon its ingestion, at the same time hastening its decomposition and retarding or preventing assimilation. Hence, an important part of the treatment is to free the organ of this irritating secretion. This may be accomplished in two ways. In the first place, a simple emetic, such as a teaspoonful of syrup of ipecac, followed by copious draughts of warm water, will often remove the offending mucus. A neater and better way consists in

Washing Out the Stomach.

This proceeding can only be accomplished by a physician, and consists in passing a flexible rubber tube into the stomach, to the free end of which is attached a funnel. Warm water is then poured in and siphoned out until it becomes clear upon passing out of the stomach. All this can be accomplished with little discomfort to the patient, and is usually followed by relief of many of the symptoms. If mucus collects again in a few days, the washing out can be repeated. A very important element in the treatment, and one often overlooked, is to keep up a

Free Action of the Skin.

There is a very close connection between the external and internal epithelium, or between the skin and mucous membranes. One of these surfaces cannot be disturbed without influencing unfavorably the other. One of the symptoms noted in connection with catarrh of the stomach is a dry, sallow, unhealthy appearance of the skin. By stimulating the sluggish skin, a directly beneficial effect can be obtained upon the catarrhal mucous membrane. This may be accomplished by various forms of bath. One of the simplest is to add a tablespoonful of ordinary salt to a basin of cool water, sponge the child from head to foot, and rub with a coarse towel. In winter, the skin may be further

rubbed with a little alcohol. It is well also in cold weather to place the child before an open fire while this is being done. A very stimulating bath is to place the child in a sitting position in hot water and then empty a pitcher of cool water over the shoulders. This may be preceded and followed by a thorough friction and massage of the skin by the dry hand. The reaction may also be assisted by a rough towel. If any form of bath or manipulation is followed by exhaustion, it should be discontinued. In hot weather, the daily use of a tepid bath for cooling purposes may be employed.

There is a very great sensitiveness to changes of temperature in catarrhs of all kinds, hence the child must be so clad that the skin is not too quickly influenced by such changes. Three sets of flannels are advisable, the thick, medium, and very thin, for the proper seasons. In cool weather, a broad flannel bandage applied from the armpits to the lower part of the abdomen will serve to avoid a chilling of these vulnerable parts. A change of air, particularly in summer, will often prove advantageous. If the child resides inland, a change to the seaboard will be indicated, and *vice versa*. In selecting a place, however, the possibility and necessity of obtaining a proper diet must always be borne in mind. The benefits of change of scene and air will be more than lost if the child has to be subjected to the frequently unwholesome diet of many country hotels and boarding houses. Much can be done in the way of medicines to restore the lost tone to the stomach, and strengthen digestion and assimilation, but this part must, of necessity, be referred to the family physician.

After the stomach has resumed a more healthy condition, it is often well to put the child upon a prolonged course of tonic treatment. The more easily assimilable preparations of iron are especially valuable. If the child can be put in a more vigorous general condition, relapses will not be likely to occur. Care must be taken to see that the bowels act regularly, as either constipation or diarrhœa will have an unfavorable effect upon the stomach.

The treatment of catarrh of the stomach in infants will not here be taken up, as it involves a general discussion of artificial infant diet which has often been thoroughly touched upon in these pages.

SOME IMPROVEMENTS IN THE PREPARATION OF INFANTS' FOODS.

A Milk Laboratory.

ONE of the improvements in the preparation of infants' food which so strikingly mark the present time, is the establishment in Boston, by or through the agency of Dr. Rotch, of a milk laboratory, where infants' food is prepared upon physicians' prescriptions with the same accuracy as drug prescriptions are at a pharmacy. Careful observation has shown that food, even breast-milk, which agrees well with one child does not necessarily agree with another. Hence, modification may be necessary, and at the present time some advances have been made

toward the determining of what these modifications in any given instance should be. The following description of the laboratory and its work is from an article by Dr. Rotch:

A laboratory such as that described has already been established in Boston, and is in successful operation, a number of physicians having found it to be an indispensable adjunct to their daily practice.

An important matter is the careful supervision of herds of cows especially selected as to breed, and systematically fed, so that the analysis of their milk should be of an almost unvarying percentage. The morning's milk of these cows, milked into glass and kept scrupulously clean, is rapidly cooled, and in a few hours delivered at the laboratory. The atmosphere of the laboratory is kept pure and fresh by means of a large fan that keeps up a constant outward current of air. The laboratory itself is lined with white tiles, and contains a separator by means of which a stable 16 per cent. cream can be quickly obtained from the milk. There is also a large sterilizer, into which not only steam can be introduced, but in which the milk can be exposed to high or low temperatures, at the will of the modifier.

Having once obtained a pure, clean-skimmed milk and cream of a stable percentage, it is merely a matter of mathematic calculation to combine these fluids in such proportions as to produce a mixture in the percentages of fats and albuminoids prescribed by the physician. The sugar percentage is obtained in like manner by using a carefully prepared 20 per cent. solution of milk-sugar and distilled water.

Diagrams were made to show the prescriptions written by the physicians in fat, sugar and albuminoid percentages, the same prescriptions translated into drams and ounces by the milk modifier, and the figures returned by the chemist to whom the modified milk was sent, to test the accuracy of the modifier's calculations.

I have had a large number of test analyses made, so that there is no longer a doubt but that fairly exact combinations can be made in this way.

As the chemistry of the mineral matter in woman's milk is so little known, it is better to ignore that element for the present. Three figures only need be remembered, corresponding to the percentages of fat, sugar and albuminoids in average human milk, namely, 4, 7 and 1½. Starting with these figures, the physician can then easily change one or more of them, either to increase or decrease, according to the need of the especial infant.

As objection has been made to sterilizing at 212 degrees Fahr., this could just as well be done at the safer and lower temperature of 167 degrees Fahr. in the laboratory sterilizer.

After a considerable trial, this laboratory seems to be a real help to the practitioners who have used it. Such a laboratory, of course, can only be successfully established in cities and towns of considerable size. We understand that the cost of the food is very moderate. The morning milk is received early in the day, and the food for twenty-four hours can be ready for delivery about noon. There is thus practically no question about the freshness, purity and uniformity of the food; the dictation of its proper constitution rests with the physician. The attendant has only to warm it and give it to the infant. It seems that in other great cities similar laboratories could be successfully and beneficially established. Their success would not be confined in its benefit to those immediately using them, but the experience gained would be a guidance to physicians everywhere as to the proper mixture of infants' foods.

Low-Temperature Sterilizer.

In the quotation above, and more at length in our last number, allusion is made to sterilization at a lower temperature than has formerly been used. The difficulty has hitherto been in the practical adjustment of the temperature. This has recently been made easily practicable in any family by the apparatus devised by Dr. Freeman of this city. To this sterilizing at low temperature, say 167 degrees Fahr. or under, the name of Pasteurization has been applied. Dr. Freeman's apparatus is very simple. In general appearance it resembles an ordinary sterilizer, but it is still less complicated in construction. It consists essentially of a pail with a cover and a rack for the bottles of milk which can be inserted into the pail. The whole principle of the apparatus is this; that a certain amount of boiling water will part with enough heat to warm the rack with its bottles of milk to the required degree, and sufficiently sterilize the milk in a certain time. All this has been carefully worked out by experiment, and the milk so sterilized stands the test of bacteriological cultures after several days' keeping, which is enough for practical use.

The rack differs from the ordinary bottle-rack of a sterilizer in that, instead of being of open wirework, it is composed of a series of zinc tubes closed at the bottom. Into each of these is placed a bottle filled with milk at the

temperature at which it is received or at which it is taken from the refrigerator, and the space around it in the zinc tube is filled with water at about the same temperature. The pail is then filled with water up to a groove marked in the tin and placed upon the stove until the water boils. It is then removed, placed upon a table or mat, and the rack of bottles immersed and the pail covered. It has been found by experiment that the temperature of the milk within ordinary variations practically makes no difference in the working of the apparatus. The colder the milk, the more rapidly it changes temperature, and at the end of ten minutes the temperature is practically the same, whether the milk began at 70 or 50 degrees. It is left in the water thirty minutes in all, and is then practically sterilized. The bottles must then be taken from the holder and rapidly cooled in a refrigerator or in cold water.

This apparatus costs about the same as the Arnold Sterilizer, and will presently be put on the market. At present, we think Mr. James Dougherty, 348 West 59th Street, New York City, is the only one who furnishes it with printed directions for its use.

The milk after it has been pasteurized has scarcely any perceptible change in color, smell or taste from that of the original milk. It is reasonable to believe that by its use the disadvantages which seem to be associated with ordinary sterilization of milk may be in large degree, if not entirely, removed.

Analyzing Breast Milk.

In connection with the preparation of artificial foods we may mention a simple method devised by Dr. Holt for the analysis of breast milk which may be employed by any physician, or, for that matter, any intelligent person.

The question often arises: Is the breast agreeing with the child? If not, wherein is the fault? The constitution of the milk is usually only guessed at. In cities, chemical analysis is obtainable, but is necessarily somewhat costly and beyond the reach of many, especially if it need to be often repeated. Outside of large cities, it is practically unattainable. The method of Dr. Holt is based upon the known composition of milk as to its main constituents, and, of these, the sugar is known to be present in a singularly uniform amount. The variations of specific gravity therefore must depend upon the varying proportions of proteids (caseine, etc.) and of fat (cream).

By means of a cream gauge, and a lactometer and vessel to use it in, the percentage of cream and the specific gravity are easily determined by any one. From these two factors, the character of the milk can be pretty accurately judged by the use of the subjoined table of directions, prepared by Dr. Holt after a good deal of work with the aid of a skilful chemist.

HUMAN MILK.

	Specific Gravity 70 degrees Fahr.	Cream—24 Hours.	Proteids.
Normal average.....	1.031	8%	1.5%
Healthy variations..	1.028 to 1.029	9% to 12%	Normal (rich milk)
" "	1.032 to 1.033	5% to 6%	" (fair milk)
Unhealthy "	Below 1.028	High (above 10%)	" or slightly below
" "	" "	Normal (5% to 10%)	Low
" "	" "	Low (below 5%)	Very low (very poor milk)
" "	Above 1.033	High	Very high (very rich milk)
" "	" "	Normal	High
" "	" "	Low	Normal (or nearly so)

Milk presenting only moderate variations from the average, *e. g.*, sp. gr. 1.028, cream 4 per cent. or sp. gr. 1.033, cream 10 per cent., can usually be modified by appropriate treatment. If, however, the sp. gr. is from 1.018 to 1.024, and cream only 2 to 3 per cent., it is hopeless.

The sample taken for examination should be from the middle of the nursing or when the breast has been about one-half emptied, as the first milk is always poorer and the last richer than the average. About half an ounce is required.

The specific gravity should be taken at a temperature of from 65 to 72 degrees Fahr. By giving the stem of the lactometer a twirl as it is introduced, it readily settles to the proper level, which may otherwise be prevented by the ad-

hesion of the milk to the glass, especially in a rich specimen.

The cylinder for *cream test* should be filled exactly to the top of the scale. After twenty-four hours the percentage of cream is read off, each degree in the scale being one per cent. A temperature ranging between 60 and 75 degrees Fahr. should be maintained.

Note that the quantity of milk must be determined by other means; milk may be average in quality and very scanty.

The apparatus is sold by J. Welker, 222 East 34th street, New York City, is inexpensive, and is likely to prove of real assistance to physicians endeavoring to solve problems of infant nutrition.

INTESTINAL WORMS.

BY STANLEY M. WARD, M.D., SCRANTON, PA.

ON no other subject connected with the health and well-being of children, unless it be the mysterious (?) process of teething, is there so much gross ignorance displayed by persons usually well informed, as on the homely topic which heads this paper. For this state of affairs physicians themselves are somewhat to blame, as they are, also, for the lack of correct information prevalent among the laity on some other subjects. But this statement, though correct, contains only part of the truth; primarily it is the parents who are responsible. The educated, conscientious physician much prefers frankness to ambiguity, honesty to its opposite; but he knows that to falter and to appear uncertain, is to be misjudged, and that he must be sure of his diagnosis and give a name to the disease, which most people take as an explanation, in the presence of symptoms common to many morbid processes, symptoms which may be significant of much or of little; and that, having committed himself, there must be no backing down.

I can illustrate this, and also state a few facts concerning my subject, by relating a circumstance which probably most doctors doing general practice can duplicate. A baby boy develops symptoms like these: skin dry and hot, wants to sleep more than usual, is fretful and cross when awake, does not eat with his usual appetite, seems to have pain all over; in addition, vomits and "picks at his nose." Now, these phenomena may indicate something very serious or they may not. But what they point to, no physician can positively say. The mother believes that worms are at the root of the trouble, and, summoning her physician, she thus informs him. He dare not contradict her, for he has no means of satisfying her. So, ordering a fever mixture and a gentle cathartic, he makes an appointment for the next day. On the occasion of his second visit Baby is better. The mother is now certain her diagnosis was correct, though somewhat puzzled at not seeing any worms in the evacuations. The doctor explains this by informing her that the medicine cut them into such small pieces that they were undistinguishable. Several erroneous impressions are thus given. The mother thinks the matter of the diagnosis of worms an easy one, and will in all probability, on the appearance of symptoms similar to those just depicted, dose her child with worm medicine. She has also learned that worms are sometimes utterly destroyed by vermicides. Both ideas are incorrect. Had the physician dared to say what he knew to be the truth, that only by seeing the parasites could any one know of their presence, and that while the child might be affected with them, yet indigestion, overheating, not to mention graver possibilities, must all

be considered, such ideas would not then have been entertained. Something like this he should have said, and added that while no one could at this stage be positive of the cause of the child's indisposition, yet he saw no reason for alarm; that, besides a fever mixture, he should order a laxative containing a sufficient quantity of a vermicide to cause worms to appear in the dejections should they be at fault, yet not enough to harm the child should there be none present. At his next visit, had such an explanation been given, there would have been no need for silly talk about "cut-up worms."

Children residing in this latitude may be infested with worms of several varieties. There is the round worm, *lumbricoides*, so called from its shape. It varies from a few inches to several feet in length, and is pointed at both extremities. Its favorite place of lodgment is the small intestine. Quite often it seeks the stomach. I have never noticed more than a half dozen or so being expelled from a child at any one time, but I once moved several hundred from a woman who suffered excruciating pain all over the abdomen without apparent cause.

The "pin," "seat," or "thread" worm often exists to the number of dozens in small children. Its favorite location is the large intestine, near the anus. The intolerable itching to which these worms give rise, and the means (scratching) which the child takes to relieve itself is one reason why it is very difficult to entirely eradicate them. Cobbold says the ova of the pinworm have been discovered under the finger nails. This being the case, it can readily be seen how easily the child can re-infect itself.

The two varieties of tapeworm (*tænia*), *solium* and *mediocanellata*, are never found in children whose sole diet is milk. Their development and life history are most wonderful and interesting to the highest degree. Some enthusiastic German students months ago demonstrated what was pretty well known, *i. e.*, how the tapeworm, in this case the second-named variety, was developed. They selected some beef known to dealers as "measly" (which "measly" condition is due to the fact that it contains the immature ova of the tapeworm), and made a meal of it uncooked. Soon after, each one began passing segments of the worm. The *solium*, *i. e.*, solitary (though incorrectly named), is developed from pork containing immature ova. But how came they within the animal aforesaid? As follows: Some animal, human or not, affected with a tapeworm passed some segments of it in the act of defecating. These were swallowed with the food of the pig or cow mentioned. Within the body of this host development to a certain extent took place, and the embryonic tapeworm (*cysticricus*) burrowed its way through the canal and took up its abode in the muscles of the animal. Here, in an immature state, would it have remained, had not the flesh of its host, "underdone," or "rare," been eaten by man. As soon as, in this way, it reaches the intestinal canal, its envelope is burst, and in less than two months a perfect worm is produced. As each of its numerous segments possesses the power of reproduction, under such circumstances as are above related, and as it is common for many segments to be thrown off, one may readily see how this cycle may go on and on, the reproduction taking place at a fearfully rapid rate.

Nearly every symptom we see in diseases common to children appear in the patient affected with intestinal worms. It is, on the other hand, perfectly true that there may be a number of these parasites present and no symptoms of ill health appear.

The following are some of the disturbances I have seen disappear on the death and expulsion of worms, following so closely, be it remarked, that there could be but one correct conclusion, that the worms caused the phenomena: Pains in various parts of the body, particularly the head, stomach and abdomen; fever of a remittent type; nausea and vomiting; peculiar cough; pruritus; blocking up of the lower bowel; anæmia; loss of flesh; a voracious appetite; total loss of appetite. These symptoms are more apt to be caused, when due to these parasites at all, by the roundworm or the tape. We have seen that intolerable itching in and around the anus is

very often a prominent symptom when the pinworm is present, and we often find a slight discharge from the vagina of little girls caused by the migrations of this same variety from the anus into this organ. Finally, a tapeworm soon gives indubitable proof of its presence by separation of its segments and their appearance as small, white pieces from one-sixth to one-fourth of an inch long, looking not unlike a bit of tape, in the fæcal discharges.

Before discussing means for the prevention and removal of these parasites, I wish to state that I am not cranky on the worm question, nor do I believe in giving them a more important position in causing disease than the facts warrant. I am constrained to believe, however, that young physicians pooh-pooh the suggestions of mother and grandmother too often, when asked if worms may not be the cause of certain symptoms which the child presents. It is no doubt true that the tendency of the older writers was toward assigning worms a very prominent place in the causation of disease. I cannot forbear inserting here a quotation which struck me as very amusing: "Always doctor for worms in the full of the moon, as the worms then, being very thirsty, have their mouths reached upward. Thus will they swallow the medicament much easier." It is now equally true, I believe, that their importance is not often enough recognized. The subject seems to be treated as one for the naturalist only, or as an "old woman's" hobby. This is all wrong, as the young doctor will agree, who, having made a diagnosis of cerebrospinal meningitis, with a consequent unfavorable prognosis, found all the symptoms, irregular fever, convulsions, vomiting, etc., disappear in a very short time after the grandmother had given the child a rectal injection of turpentine with "pink and senna" by the mouth, with results not surprising to those who know the value of these drugs as vermicides.

Preventive treatment consists in having all food thoroughly cooked, and also in habits of strict cleanliness. For the roundworm nothing equals a little santonine rubbed up with sugar and calomel, say two grains of the first, a sufficient quantity of the second, and five grains of the last, made into two powders, one given on retiring, the other before breakfast the next morning. There being but little taste and its appearance pleasing, I have the medicine dropped on the tongue, administering a little water immediately afterward. This combination is deadly to the seatworm also, but better results are obtained by supplementing it with an injection of either ten to twenty drops of turpentine, an ounce of castor oil, mixed thoroughly with gum arabic and the yolk of an egg, or an ounce of compound tincture of gentian, with the same quantity of water. I believe greasing the anus has a deadly effect on the eggs, at least I always recommend it. It is difficult to suggest a mixture or a single drug sufficiently powerful to kill the tapeworm and yet not sicken the child. My youngest patient thus far has been a girl of seven. After fasting some time she took two compound cathartic pills; before they operated I administered an emulsion of Kousso, and afterward two teaspoonfuls of salts. The first trial was successful. I had failed previously with what I regarded as a good combination—equal parts of castor oil and turpentine. Pumpkin seeds, taken raw and mashed in a mortar, then put in water and drunk as a tea, have proved of use. Kameela, male fern and other drugs have each their adherents. Though I have written of these drugs and others, I think it extra-hazardous for parents to undertake the death and removal of worms from their children, unless possibly it be the seatworms, and even then it should be done only when the diagnosis, which, let me repeat, can only be made with certainty when the worms are seen, is complete. Every drug here mentioned, unless it be gentian, is dangerous; santonine, particularly, gives yellow urine and a colored vision, and should be used only by the physician.

HOW IS HEREDITY EXPLAINED?

BY ELIZABETH STOW BROWN, M.D., YONKERS, N. Y.

THE mystery of transmission from parent to child of form, of feature, of mental characteristics, of special peculiarities or deformities, all from the development of a microscopic cell, has engaged the attention of biologists for centuries. So wonderful a phenomenon of nature could not escape the eyes of intelligent observers in any age.

Until certain fairly well-accepted theories of evolution presented themselves, plausible theories of heredity did not appear. And, unfortunately, no theory has as yet been formed which will cover all the mysteries of heredity. There is an unknown factor in this problem, which is also the unknown in all vital phenomena.

Variation.

A part is a variation or anomaly when it differs at birth from the ordinary or typical form. If one anomaly be transmitted a number of times, it may become typical. For example, the late appearance of the wisdom tooth was once an anomaly; now it is typical. "Acquired variations" are changes caused during a lifetime, by habit and environment. Should acquired variations be transmitted to succeeding generations, they become "congenital variations." Man is undergoing changes in many parts of his organism, according to the demands for use of certain parts. *Adaptation to environment* is the great force at work.

The various theories of heredity may be brought under two heads:

I.—Pangenesis of Germ-Cells.

II.—Continuity of Germ-Cells.

Nature of the Germ-Cell.

The human ovum is about $\frac{1}{120}$ of an inch in diameter. It consists of a nucleus and cell body, both made up of protoplasm (a mixture of albumens and salts) possessing vital properties. The cell body is clear and transparent, the nucleus is granular. The latter is the essential part of the cell. The nucleus of the fertilized human ovum is less than $\frac{1}{2500}$ of an inch in diameter; yet this microscopic portion of living protoplasm is capable of producing hundreds of thousands of cells like itself, as well as all the unlike cells of the adult organism.

Pangenesis of Germ-Cells.

Democritus first expressed the idea of pangenesis, that the "seed of animals was derived by contributions of material particles from all parts of the bodies of both sexes, and that like parts produced like." Buffon, more than 2,000 years later, revived this theory, and Herbert Spencer has also suggested it. Then Darwin put forth his "provisional hypothesis of pangenesis," wherein the germ-cells in the reproductive organs were supposed to have a connection with the cells of the parent body, by which the germ-cells could be affected by the acquired changes in these body cells. It was conceived that the body cells threw off into the blood current "gemmules," which found their way into the germ-cells. There they accumulated, and, in the course of development, gave rise to cells like those from which they sprang. Thus could "acquired variations" be transmitted.

Theory of the Continuity of Germ-Cells.

This theory insists upon the impossibility of connection between the germ-cells which are continuous and belong to the race, and the body cells, with their acquired variations, which belong to the individual.

Galton's general results as to the continuity idea have been summed up as follows: "We are made up bit by bit of inherited structures,

like a new building composed of fragments of an old one, one element from this progenitor, another from that, although such elements are usually transmitted in groups. The hereditary congenital constitution thus made up is far stronger than the influences of environment and habit, which *cannot affect it*. A large portion of our heritage is unused, for we transmit peculiarities we ourselves do not exhibit." Galton has estimated the contribution from each ancestor in numerical proportions, which have been exactly determined from statistics of stature in the English race.

Relation Between Body Cells and Germ-Cells.

Darwin's "provisional pangenesis" seems to help us out of more difficulties than does the "continuity idea." So, it is more generally accepted that changes in the body cells, by use and disuse, experience and adaptation to environment, in some mysterious way (for here is a missing link) affect the germ-cells, which, in their integrity, contain only the race characteristics. In other words, that variations in structure, induced in an individual life, may affect following lives.

There are three curious phenomena which bear upon the relations between the body cells and the germ-cells. These are the inheritance of mutilations, the influence of previous fertilizations, and the influence of maternal impressions.

Mutilations.

Inheritance of mutilations has been shown to depend on whether the original injury or deformity resulted from a lesion of the spinal cord or brain of the parent, or whether it came from some outside force directly upon the part. The *central lesions* "act directly upon the organs, and the abnormal growth in these organs appears to be transmitted" (Osborn). For example, Weisman experimented on white mice which suffered a mutilation of the tail. Nine hundred and one young were produced from five generations of mice with tails cut off. But not one was born with any variation from a normal tail. On the other hand, Brown-Séquard conducted some experiments on guinea pigs, in which he produced artifical injuries of brain and spinal cord. In the descendants of these mutilated animals degenerations of organs were found which corresponded to the central lesion in the parent.

Previous Fertilization.

The offspring of a second sire sometimes shows characteristics of a former sire. There are various examples among breeding animals. One of the most famous is that of a "mare, which reproduced in the foal of a pure Arab sire the zebra markings of a previous quagga sire." It is no uncommon thing to see the child of a woman's second marriage show a strong resemblance to the mother's first husband.

Maternal Impressions.

The subject of maternal impressions has been the theme for many old wives' tales, and many coincidences have, by vivid imagination, been construed into proofs. Yet many of the best authorities to-day believe in an unknown force that, independent of vascular or nervous connection, can influence the child through its mother's mentality. The idea of maternal impressions is of great antiquity. Perhaps no other race made so practical an application of it as the Greeks did. Their women, when *enciente*, were most carefully guarded from emotional excitements, were surrounded by the most beautiful statues and pictures. It was confidently believed that through the contemplation by the mother of forms of beauty, the unborn child might acquire a fairer form and proportion; and that stormy passions could not fail to distort the physical nature of the future Greek.

There are statistics to show that in times of war, and especially in cities under siege, when women are subjected to terrible fears and anxieties, a larger proportion than usual of the children born are defective mentally or physically. Statistics of pauper and dependent children, the offspring of vice, sorrow and privation, show also an undue percentage of mental deficiency.

Until we can positively disprove the idea of

maternal impressions, prospective mothers would do well to cultivate surroundings of calm and beauty, secure freedom from violent emotions, and try to escape all horrid and startling sights.

Conclusion.

Whether the body cells have a connection with the germ-cells and affect the race characteristics by their acquired variations, is still a mooted question, biologists being divided between the "pangenesis idea" and the "continuity idea." But no one denies that the body cells *are affected by environment*. So, we have good grounds for the generally accepted popular belief that "environment can modify heredity." It is on this that education and social reform build their hopes. The power of heredity seems sometimes so awful, and the chance of changing the natural bent so hopeless, that the pessimistic view of humanity is often uppermost. But a distinction must be made in degrees of strength of heredity. There are natures where the heredity is so strong as to overcome all influences of environment. There are other natures where environment is all-powerful, there is no resistance from inherited characteristics. And still the third, and this perhaps the largest class, where susceptibility to environment and tenacity of hereditary bent are about equally balanced. These lives, if left alone, will drift into the reproduction of characteristics of certain ancestors; but if surrounded by strong influences for good or evil, will be moulded accordingly, into saints or desperadoes.

Consider to which class your little ones belong, and let not your cares slacken to strengthen physical, mental or moral weakness, and to repress strains of evil tendencies in body or mind. Let a mother not forget, that, though her babe comes to her arms loaded with the errors of his race, still, in all probability, in her hands lies the destiny for greatness and goodness, or for evil and ignominy, of this life so new and tender, and yet so ancient—the "epitome of all his ancestors."

FRENCH GIRLS' SCHOOLS.

MRS. M. E. SANDFORD, an English lady, publishes in *Macmillan's Magazine* a very interesting account of an educational journey to Paris. She was most favorably impressed with the French system of elementary education, and, indeed, considers it decidedly superior to the English, inasmuch as it is in much closer contact with the parents of the pupils.

Says Mrs. Sandford: I can but make my meaning clear by giving a description of my own impressions. To begin with then, there is the *préau*. The first time I entered a French Primary School for girls, we were with M. Séhé, one of the Sous-Inspecteurs de Gymnastique for the Communal Schools of Paris, to whom M. Martel had kindly given me an introduction, and as he was taking me there to see school-drill, we went direct into the *préau*, an apartment so almost unheard of in English schools that we have not even a name for it. The word *pré* with the diminutive *au* means, literally, "a small field," and the *préau* is merely a spacious empty room, like an indoor field, in which the whole school can move freely about during recreation,

but which is used and intended for a variety of other purposes besides play. As far as I could hear, no Elementary School in France is without one.

"What would you do without this *préau?*" I once said to the mistress of a large École Maternelle (Infant School). She looked at me as if I had said, What would you do without a roof, or without windows? "Why, we *couldn't* do without it," she answered, in the tone of a person called upon for a truism.

The first *préau* that I saw was a low oblong apartment, occupying the basement of the school-building. There was a concrete floor, the ceiling was supported by iron pillars, and there was a bench fixed against the walls all round the room. Above this bench there were pegs for hats and cloaks, but this was not, I afterwards found, a universal arrangement, and of course it rather spoilt the appearance of the room. There was no other furniture, except a few light tables and chairs, and some gymnastic apparatus at the far end. And here I may observe that the architecture of French schools is, as a rule, neither picturesque nor ornamental. The school is always a solid many-windowed block, about three stories high, either oblong, or built round a courtyard. Externally, it is as plain as a factory, not an unnecessary franc has been spent on decoration; but within, no reasonable outlay has been spared to make the building perfectly fit for its purpose. And this liberality seems to me to be simply right. Compulsory education imposes responsibilities. If the State insists on taking charge of children for so many hours a day, the State is bound to take care, both that the children's time shall be well and profitably employed, and that no unnecessary injury be done to their health by defective educational arrangements. For instance, if large masses of children are to be restrained from movement and kept poring over books and slates in rooms where the atmosphere has not been thoroughly renewed for hours together, the conditions can hardly be regarded as favorable to growth and vigor. If any one is unable to imagine what I mean, I would ask him to enter any class-room in any Elementary School in England somewhat about eleven o'clock in the morning, and he will know. In the French school the child's natural need of movement and change of air is recognized and supplied. Every class has and ought to have its own class-room, well lighted and well ventilated, where the pupils sit at desks and do their lessons; but for gymnastic exercises, for drill, for recreation, for singing, there is always the *préau*, and the very existence of such an apartment gives an elasticity to the programme which must materially tend to make school-life happier, and therefore far more healthy.

Several doors open into the *préau*, of which one communicates with the *cantine*, an institution which we only possess in the modified form of charitable efforts to give meals to the children in our poorest schools during the winter months. In France, every Elementary School has its *cantine*, organized by the Municipality, which provides a hot meal for all those pupils who do not return to their homes for *déjeuner* at half-past eleven.* The children pay for their mid-day meals by means of counters, which are bought by their parents at so much a dozen; but in cases of poverty, either chronic or occasional, these tickets can be obtained without payment, though, when the children give them in, they do so just as the others do, and none of their companions know whether it is by the care of the State or of their own parents that these little ones are fed. Before we exclaim at the cost to the taxpayer, we must remember that the French have no Poor-Law like ours, and that this is simply one of their methods for distributing relief, and probably less costly than our own.

It is something to be able to feel that there hardly can be such a thing as an absolutely starving child in Paris within the limits of school-age, and this, not in winter only, but all the year round. One meal a day, at least, the State insists upon, and it seemed to me that this vigilance over the health of the

* It may be observed that French school-hours are longer than the English, and, indeed, in my opinion, far too long. They are from half-past eight to half-past eleven in the morning, and then from one to five in the afternoon.

young, this determination to take off for them the sharpest edge of extreme privation without marking them with the brand of pauperism, must in time have visible effects on the physical well-being of the entire population. What an untold relief to many mothers it must be to know that, on school-days at any rate, their children are at least sure of one good meal a day. It is eaten on temporary tables formed with boards and trestles, which are brought into the *préau* from the *cantine*.

There was a lady already in the *préau* when we entered, whom M. Séhé introduced as an Inspector of Physical Exercises in Girls' Schools, under the French Education Department. Here, too, was another novelty. In France the appointment of lady inspectors, both for girls' schools and for infant schools, is a regular part of the official organization. And now you must imagine a long procession of little girls, small baby creatures from the infant department, who enter the *préau* by another door, and go through simple exercises and pretty marching, winding in and out of the iron pillars and singing nearly all the time. And then these little ones ran away, and yet from another door issued a less numerous troop of elder girls, for this school was situated in a fairly well-to-do district, where parents do not take their children away at the earliest possible moment, but let them stay at school till thirteen or even fourteen. Very neat they all looked, each girl wearing the *tablier scolaire*, or school-apron, which is so universal in France that it is almost a sort of uniform worn by school-girls of every age and class. It is always made of some black woolen stuff, and is a sort of blouse, with full loose sleeves buttoned at the wrists, which entirely covers the dress and fastens behind. Pretty it certainly is not, but it is eminently suitable, and I think it contributes to produce a general effect of smartness and good order, which certainly makes a pleasing impression. These elder girls also sang as they marched into position, but not, of course, when doing "parallel bars," which was evidently a favorite exercise and particularly well done. The movement never ceased, about forty girls going through the bars in sets, and, though without music, keeping time. They were, as I have already said, in their ordinary dress, no exercise requiring a special costume being attempted.

Another day we visited two other Primary Schools for girls; the first in the well-to-do regions beyond the Champs Elysées, attended chiefly by the daughters of gardeners, coachmen, artisans, small tradespeople—all the little world that lives by supplying the domestic needs of a wealthy neighborhood; the other in the Rue Lacordaire, one of the very poorest quarters in Paris.

The first was really an excellent school, though in a modest building, and with the smallest *préau* that I saw anywhere; but then all the pupils, or almost all, went home to their *déjeuner*, and, as the directress said to me, they needed a *préau* less than many. I think it was here that I saw reading and writing taught simultaneously, from a first reading book published in the written character, so that the printed alphabet need not be attempted until the scholar has at any rate got beyond the primer. The teachers said that children taught in this manner learn to read more rapidly than those who are set to acquire two alphabets at once, according to the usual plan. Here, too, I remember, I was present at a very good lesson on history, a lesson which was quite elementary, and which, nevertheless, had in it both life and interest. The method employed seemed to be: (*a*) To give a lesson, prepared by the teacher, upon a certain chapter in a little school history, which is then set up for preparation against the next time; (*b*) the result is tested in the second lesson by prepared questions—not questions set haphazard out of a book, which is consulted from moment to moment. It was this second lesson which was in progress when we entered the class-room, and I was really much edified by the readiness with which questions on the reigns of Charles VIII and Louis XII were answered. It is true that the questions were very easy, and that only broad outlines and principal events and characters were attempted; but this seemed to me pre-

cisely the kind of instruction that was suitable to the occasion.

History in France does not appear to be subordinated either to science or to language. Great stress is laid, even in primary schools, upon the duty of making the young acquainted with the history of their own country. Some slight sketch of universal history is given as a background, but the history and geography of France form the essential object. There is, perhaps, room for reflection whether the absence of background, which a mistaken theory of thoroughness has produced in many English schools, does not result in what may be called a want of historical perspective, without which the facts of history can never be retained and harmonized as parts of an organic whole, but lie heaped in the memory in loose and disconnected layers very difficult to produce when wanted, very apt to get into confusion, and sometimes even felt to be burdensome to the mind. History in our own elementary schools is an "extra subject," and by no means the one that is universally chosen. It is not supposed to "pay" as well as geography, and there is an idea that it offers more opportunity than many other subjects for those disconcerting questions whereby the examiner (and there are such examiners), whose particular knack it is to convict children of ignorance rather than to find out what they actually have been taught, may easily disappoint the labors of the whole year. In France some elementary knowledge of history is included even in that *brevet d'études primaires* which must be obtained before any child is free for employment, a *brevet* of so very elementary a character that many children do obtain it before they are twelve years old.*

We had some difficulty in finding our way to the Rue Lacordaire, which was in such a remote part of Paris that the very cab drivers scarcely seemed to know where it was, and even the one to whom we eventually entrusted ourselves politely suggested that we must be making a mistake, that we could not want to go *there*. At last, however, we found ourselves at the entrance of a school building which, for once, seemed imposing by its very size, in contrast with its surroundings. It was intended for twelve hundred children, boys, girls, and infants, and inquiring for the girls' department, we were conducted upstairs to the room of Madame la Directrice—for another novelty in these French elementary schools for girls is that the directress always has her private room or office, in which she keeps the school papers, attends to school business, and receives parents and other visitors.

One morning in the week, we were told, was regularly devoted to receiving parents, and there is, I believe, in connection with every elementary school in Paris, a Comité Scolaire, or voluntary committee, which cooperates with the head teachers in visiting parents, in looking up cases of sickness or distress, admonishing cases of neglect, and investigating cases of complaint.

The directress at the Rue Lacordaire gave a sad account of the terrible poverty that surrounded her; but so neat and self-respecting was the outward appearance of her pupils that they compared quite favorably with the school we had just left. Indeed, the standard of instruction seemed to be just as good, except that here I saw no pupils above the age of twelve. I was delighted with the cordial relations that evidently existed between the various members of the staff, and delighted, too, with the kind and sympathetic reception we ourselves met with. Indeed, in some respects, and taking into consideration the character of the surroundings, this school in the Rue Lacordaire seemed to me one of the best elementary schools I have ever seen anywhere.

I was especially struck with the specimens of needlework that were shown me, some of which I was permitted to carry off. The cleanliness and finish would have been admirable in any school, and in the samplers, which the pupils are allowed to make during one term in each year, there was a display of taste and a delicacy of manipulation which impressed me much. The school course in needlework concludes with learning to cut

* It is a question whether the possibility of passing the required examination at so very early an age must not detract from the value of the certificate.

out and to put together a simple dress-bodice, fitting it on a miniature bust provided for the purpose. I also carried off a specimen of a copy-book, with the neat portfolio in which the *cahier unique*, or single copy-book, used in most French Elementary Schools, is kept. The one book serves for every exercise that is done in writing, a plan which would not answer where the subjects are more numerous, but which is very well suited to primary work. A more interesting book is the *cahier mensuel*, or monthly copy-book, which is intended to be a record of the pupil's progress throughout her school-life. Once a month the exercise for the day, sums, copy, dictation, history, or whatever it may be, is done in the *cahier mensuel*. The page is then signed and dated, and the book put away for another month. Every one will understand the value of such a record as a register of progress. As an illustration of the manner in which it is intended to be used, I will give a short extract from the "Recommendations addressed to the pupil," which are printed inside the cover:

Child, this book is delivered to you to be the companion and witness of your work during the whole time that you are to pass at school. See to it that hereafter you may be able to look over this abridgment of your school-life without a blush. To do this you need not be one of the foremost pupils; the precise advantage of this copy-book is that its aim is not to make a comparison between you and your school-fellows, but to compare you with your successive self. The question is not whether you are more intelligent, cleverer, better informed than this or that pupil, but whether each year, each month, you have improved upon yourself. Child, think besides of this; we do not work for ourselves alone in this world, we work for others also. Even children, without thinking of it, work for their country. For good scholars grow up into good citizens. If you employ your young years wisely, if you put to serious use all the means of instruction that the Republic takes care to offer to all her children, you may one day give back to your country that which your country is now doing for you. France needs industrious and good people; you may be one of these if you begin to prepare for it now. Do not waste your time, for you have no right to do so. The idle scholar does a wrong to himself no doubt, but, above all, he does a wrong to his country. If you are passing through some moment of weakness or discouragement, do not allow yourself to be cast down. Say, rather, silently in your heart: No, I will not be one of the useless ones of the earth, ungrateful to my family, ungrateful to France. I *will* work, I *will* improve, and that, not only because it is *my interest*, but because it is *my duty*.

This is also an instance of that constant appeal to patriotic motives which seems to pervade French education. I believe such motives do actually count for a great deal in producing the high average of regular attendance which is so noticeable in the Elementary Schools of France.

THE MODERN KINDERGARTEN.

BY FANNIE SCHWEDLER BARNES.

NEARLY twenty years ago, when kindergartens were in their infancy in the United States, there were many warning cries raised against the inefficient teachers. But times have changed. The young, inexperienced girl-kindergartner has given way to the mature and intellectual woman. The best intellects are now in the field. Every magazine and daily paper gives hints to young mothers how to amuse and instruct their children according to kindergarten principles. Froebel's works are translated

and interpreted. The market is flooded with devices for teaching according to kindergarten methods. There are Christmas boxes with gay papers to do kindergarten weaving, folding and what not. Among this *embarras de richesse* what shall we choose?

In visiting some of the kindergartens of the present day, does there not lurk in our minds a suspicion that the method is nearer the heart of the teacher than is the little four-year-old? Do kindergartners bear in mind that Froebel planned his material for poor village children who earned their daily bread by cleaning feathers or weaving baskets? His protest was against mechanical labor for little children. The child's *mind* was to be trained by weaving a little pattern into its basket, and thus learning numbers; the child's *heart* was to be made glad by being allowed to make presents once in a while and not work only for gain.

Do all kindergartners realize that Froebel has been dead these forty years, and that we have new problems to solve in a new world? Then arises again the question—to what kindergarten, or better still, to which kindergartner, shall we send our children? Choose a kindergartner who loves the stupid child and befriends the unprepossessing one, whose children look the happiest and are the busiest, and who seems to be leading a life of ease herself. Choose a kindergarten that has all classes of children, but where those predominate who seem most suitable to the development of your own child. A timid, delicate little girl will be treated with the greatest consideration by regular little street waifs, and a willful, strong boy does best when in the company of sickly, helpless playmates; it makes his big, manly heart swell with pleasure to do for them what they cannot do for themselves. Children need the art of social tact. They must *know* men. At no time of life do men meet men so naturally as at the kindergarten age.

And what about those boxes of gay paper and other material? The gay paper glazed and shining in solid colors is bad. It irritates the nerves of the eyes and makes the child dizzy or gives him a headache. Do not let him work with anything smaller than one inch. Why? Try it yourself. Spend one or two hours using the material that you would choose for your child. If after that time you still feel at peace with God and all men, you may risk letting him use it. Our present mode of living and our present manner of teaching tend to make the child nervous. There is an undue strain on the optic nerves. In science-lessons the child is to see for himself. He handles small flowers and is set to counting their parts. He handles a fish and counts the scales, or he dissects bug or beetle to expose its structure. The cramped position, insufficient light and the continued strain of observing cannot but affect the eyes—the optic nerves are excited and produce headache. During an experience of eighteen years with little folks and adults it has always been my habit to urge an examination of the eyes where there were continued headaches, and invariably there was manifested a deficiency in the eyesight caused by over-application, and the headaches invariably ceased after treatment and change of habit.

It were well if we followed the example of our German friends who permit the teacher to take his class into the fields and woods for botanizing; besides the pleasurable exercise and the advantage of seeing specimens in their natural surroundings, the lesson of half an hour is diluted to extend over four.

It is our duty to decrease as much as possible the danger of nervous prostration by the careful choice of the child's early environment. We need the kindergartens. While we have so many excitable friends who are unwise in actions and speech in the presence of our children, they must be kept in a safe place where quiet reigns. We need the kindergartens for their training in social intercourse. We need them for the training of our children towards independence and lawfulness. We need them as an experiment station where little tots can do their own experimenting under the guidance of a specialist.

Let us choose of the material for home use what is best suited—a box of sand and blocks of soft pine about the size of ordinary build-

ing bricks. Children will soon find the needful accessories—spools, twine and nails—to change the pine bricks into mechanical contrivances. Take an interest in their play; let it be fair, kindly and thoughtful. Teach them to put away their toys after having used them, and the spirit of the kindergarten has been carried out.

KINDERGARTEN-AT-HOME STORIES.

AS specimens of the many excellent stories for home reading to little folks which may be found in recent publications, and which may serve as models of what any mother may easily compose, taking for texts familiar objects, we reprint the following:

The Anxious Leaf.

From Appletons' Introductory Fourth Reader.

ONCE upon a time a little leaf was heard to sigh and cry, as leaves often do when a gentle wind is about. And the twig said: "What is the matter, little leaf?" And the leaf said: "The wind just told me that one day it would pull me off, and throw me down to die on the ground!"

The twig told it to the branch on which it grew, and the branch told it to the tree; and, when the tree heard it, it rustled all over, and sent back word to the leaf: "Do not be afraid; hold on tightly, and you shall not go till you want to."

And so the leaf stopped sighing, but went on rustling and singing. Every time the tree shook itself, stirred up all its leaves, the branches shook themselves, and the little twig shook itself, and the little leaf danced up and down merrily, as if nothing could ever pull it off.

And so it grew all summer long and till October. And, when the bright days of autumn came, the little leaf saw all the leaves around becoming very beautiful. Some were yellow, and some scarlet, and some striped with both colors. Then it asked the tree what it meant.

And the tree said: "All these leaves are getting ready to fly away; and they have put on these beautiful colors because of joy." Then the little leaf began to want to go, and grew very beautiful in thinking of it, and, when it was very gay in color, saw that the branches of the tree had no color in them; and so the leaf said: "Oh, branches! why are you lead-color, and we golden?"

"We must keep on our work-clothes, for our life is not done; but your clothes are for holiday, because your tasks are over." Just then a little puff of wind came, and the leaf let go without thinking of it; and the wind took it up and turned it over and over, and whirled it like a spark of fire in the air; and then it dropped gently down under the edge of the fence among hundreds of leaves, and fell into a dream, and never waked up to tell what it dreamed about.

The Maple-leaf and the Violet.

From "The Story Hour," by Kate Douglas Wiggin and Norah A. Smith.

THE Maple-tree lived on the edge of the wood. Beside and behind her the trees grew

so thick and tall that there was plenty of shade at her roots; but as no one stood in front, she could always look across the meadows to the brown house where Bessie lived, and could see what went on in the world.

After the cold winter had gone by, and the spring had come again, the Maple-tree sent out thousands of tiny leaf-buds, that stretched themselves, and grew larger day by day in the warm sunshine. One little bud, on the end of a tall branch, worked so hard to grow that by and by he finished opening all his folds, and found himself a tiny pale green leaf.

He was curious, as little folks generally are, and as soon as he opened his eyes wanted to see everything about him. First he looked up at the blue sky overhead, but the sky only looked quietly back at him. Then he looked across the meadows to where Bessie lived, but Bessie was at school and the house was still.

Then he gazed far down below him on the ground; and there, just beneath, was a little Violet. She had uncurled her purple petals a few days before, and was waiting to welcome the first leaf-bud that came out.

So, when the Maple-leaf looked down, she smiled up at him and said, "Good-morning." He answered her politely, but he was very little, and did not know quite what to say, so he didn't talk any more that day.

The next morning they greeted each other again, and soon they grew to be good friends, and talked together very happily all day. The Maple-leaf lived so high up in the tree that he could easily see across the fields, and he watched every day for Bessie as she started for school. When she came out of her door, he told the Violet, and the Violet always said every morning, "Dear Bessie! I should like to see her, too!"

Sometimes, when the day was chilly and it was almost too damp in the shade, the Violet used to wish she might be high up on the branch above her, waving about in the sunshine like the Maple-leaf; but she was a contented little thing, and never fretted long for what she could not have.

It was generally pleasant on the ground, and the bugs and caterpillars and worms, as they crawled about at her roots, often told her very interesting things about their families and their troubles.

One day it was very dry and warm. The Maple-leaf was not at all comfortable, high in the hot air, and he said to his mother, "Mother-tree, won't you let me go down by the Violet and be cool?"

Then the Maple-tree answered, "No, no, little leaf, not now; if I once let you go, you can never come back again. Stay quietly here; the time will soon come for you to leave me."

The Maple-leaf told this to the Violet, and then they began to fear that when the mother-tree let him go, by and by, he might not be able to fall close beside the Violet.

So, the next day, when the wind came whistling along, the Violet asked him if he would kindly take care of the leaf, and send him to her when the mother-tree let him go. The wind was rough and careless, and said he really didn't know. He could n't be sure how he'd feel then. They would have to wait and see.

The two little friends were rather unhappy about this, but they waited quietly. By and by the weather grew cold. The air was so chill that the Maple-leaf shivered in the night, and in the morning, when the sun rose, and he could see himself, he found he was all red, just as your hands and cheeks are on a frosty morning. When the mother-tree saw him, she told him he would soon leave her now and she bade him good-by. He was sorry to go, but then he thought of his dear Violet, and was happy again.

By and by a gust of cold wind came blowing by, and twisted the little leaf about, and fluttered him so that he could not hold to the tree any longer. So at last he blew off, and the wind took him up and danced with him and played with him until he was very tired and dizzy. But at last, for he was a kind wind after all, he blew the leaf back, straight to the side of the Violet. How close they cuddled to each other, and how happy they were! You would have been very glad if you had seen them together.

In the morning, when the sun rose yellow and bright, Bessie came into the woods with a basket and a trowel. It was nearly winter, and she knew that soon the snow would fall and cover all the pretty growing things. So she dug up, very carefully, roots of plumy fern and partridge berries with their leaves, and wintergreen and boxberry plants, to grow in her window-garden in the winter. She took the Violet too, bringing away so much of the earth around her roots that the little thing scarcely felt that she had been moved. As Bessie put her plants in the basket, she saw the little Maple-leaf resting close by the Violet, but he looked so pretty, lying there, that she did not move him.

In the sunny window of the little brown house the Violet grew still more fresh and green. But each day, as the plants were watered, the Maple-leaf curled up a little more at the edges, and sank down farther into the earth, until soon he was almost out of sight, and by and by crumbled quite away. Still, he was close beside his Violet, and all the strength he had he gave to her roots.

She always loved him just the same, though she could not see him any longer, and by and by, when she had lived her life, and her leaves withered away, each one, as it fell from the stem, sank into the earth where the Maple-leaf lay.

A VISIT TO A GERMAN STERILIZING LABORATORY.

BY MRS. FELIX ADLER.

DURING a residence of several months in Munich I was so fortunate as to visit the laboratory of Prof. Soxhlet, the inventor of the sterilizer, and to hear from him an account of his present successful experiments for improving the work of sterilizing.

The readers of THE MOTHER'S NURSERY GUIDE will, I am sure, gladly know of these improvements, which have only recently been put into practice, and which are of importance, especially to the busy mother who does the work of sterilizing herself, as they lessen the labor materially, while insuring a better and safer process of sterilizing.

Prof. Soxhlet is a man of middle age, of fine appearance, extremely kind and affable in manner. It was interesting to recollect while seeing him at his scientific work, that his valuable contribution to science had its origin in the interests of the home. While endeavoring to find the best substitute for the natural supply of infant food for his own child, he put his scientific researches to practical use. The discovery of sterilizing, that is, of killing germs by means of heat, was already known, but to Prof. Soxhlet we owe the simple, but extremely clever, application of it, the idea of rendering the milk free from germs in separate portions, representing meals, and so preserving it until used. The first sterilizer, he told me, was an apparatus from his laboratory which he used in the nursery with satisfactory results. But for a year he did not publish his invention, until, urged by his colleagues, he delivered an address before the Medical Society of Munich in 1886, in which he introduced the new sterilizer to the profession. Great and immediate popularity was the re-

sult. He is an acknowledged authority on the subject of infant nourishment, and from all parts of the country physicians and mothers turn to him for counsel. "Not a day passes," said he, "that the mail does not bring me letters asking for advice." In answer to these he has prepared a set of instructions for infant feeding and the use of the sterilizer. In his study he showed me an American (Remington) typewriter, on which these instructions were written, and an Edison Mimeograph, on which they are copied. A large pile of them lay ready for distribution. The typewriter, Edison, Soxhlet, German and American science and invention —what a combination to benefit the world. I could not help wondering whether Edison's baby had had the benefit of the sterilizer as had the youngest baby in the household of Prince Ludwig of Bavaria here in Munich, brought up entirely with sterilized food.

But we must not forget to tell about the improvements. The first sterilizer was used five years ago, but Prof. Soxhlet has not ceased his work, constantly trying to simplify and improve the apparatus. The improvements relate to the bottle and the cork. "When I first used the rubber corks with glass stoppers," he said, "I knew their defects, confirmed by a flood of letters and complaints coming to me. I only retained them while trying to get something better."

I quote from a pamphlet published May, 1891, given me by Prof. Soxhlet, in which he states the reasons for discarding the rubber and glass stoppers:

"1. The process of closing bottles during sterilization was very trying, and was, therefore, often poorly done.

"2. The glass stoppers, if not put into the rubber corks at the right moment and with sufficient force, were often forced out.

"3. The rubber corks gradually lost their elasticity and no longer closed the bottles hermetically."

Owing to these defects, the process was considered very troublesome, and the sterilizing, being imperfectly done, was often a failure. The new stoppers are most convenient and simple, a triumph of ingenuity. They are simply discs of rubber, about an eighth of an inch in thickness and three-quarters of an inch in diameter. When the bottle is filled, this rubber disc is laid on top and fits closely into small grooves made in the neck of the bottle. During boiling, the air in the bottle expands and escapes, the rubber disc acting like a valve, allowing the air to come out. But as soon as the boiling is over and cooling begins, this valve closes. As the cooling continues, the pressure of the outer air gradually forces down the rubber disc, owing to the vacuum inside, until the flat disc presents a concave surface, and an absolutely airtight closing of the bottle is effected. The rubber cannot be removed, even by violent shaking, but when we wish to open the bottle, a slight lifting of the edge of the disc lets in the air, and opens the cork. (In order to keep the cork on during boiling, a small cylinder of tin is provided, which can be removed after sterilization.) The bottles, too, are improved, to obviate the cracking after continued use. No less than sixty different bottles were tried by Prof. Soxhlet before he succeeded in having a bottle manufactured that positively will not crack.

The new ventilating and self-closing cork has the following advantages: It is easily cleaned. It cannot come off during sterilization. It need not be touched during sterilization. It is absolutely air and germ tight, and remains so permanently. The cork is so tightly fastened that it cannot be removed by violent shaking, but is easily taken off. (This has been tested—bottles remaining six months in the incubator without change in the milk. The rubber disc does not become flattened, proving that no air has entered. The air also remains of the same density as observed in bottles provided with an instrument for measuring density of air.) Further, when once a bottle has been opened, the rubber cork lies flat on top, and cannot be closed again, unless the bottle is re-sterilized; the cork thus acts as a safeguard against the danger of the bottle being opened or tampered with. The rubber cork, remaining loosely on the top during sterilization, allowing the steam and air to circulate freely around it, is itself

far better sterilized than a cork tightly fastened and slowly heated. This new cork allows many bottles to be set one above another in the sterilizer, when a large number of bottles are needed for public institutions or charitable purposes.

The chief advantage, however, of the improved style of cork is the absolute safety of the sterilizing process, and the gain thus effected in the durability of the milk. Whereas, formerly, sterilized milk could be kept sweet in the room for three to four weeks, it can now be kept for at least four months without change. This is probably due to the large vacuum created in the bottle. I need hardly add that this fact has a scientific value only, and is particularly dwelt upon because it is a test of the excellence of the sterilizing. For practical purposes it is not important. Professor Soxhlet does not advise using milk more than a few days, a week at the most, sterilized.

This new apparatus, though requiring careful finish to fit the rubber corks to the bottle, is not more expensive than the old one. The entire apparatus, with all accessories, such as brushes, nipples for bottles, large medicine glass for mixing food, warming cup, etc., costs four dollars; less complete sets correspondingly less.

THE MOTHERS' PARLIAMENT.

Summer Recreation with a Baby.

—It was the end of the first week in August. The University summer school had just closed, and I knew how much my husband needed a change after the nervous strain of the college year, with additional labor in the summer school. I could not persuade him to go without Baby and me. I was not well, and hardly knew whether the benefit derived from a change would overbalance the wear and tear of an effort to go away.

Our baby was eighteen months old and not in good condition, having just cut her sixteenth tooth. The weather was very hot. There was a cheap excursion to our destination the following week, but we would not run the risk of encountering crowded cars and a hot day with our little girl. We prepared to go, deciding to leave on the first day of favorable weather.

At eight o'clock on a Tuesday morning we were to start. The milkman came very early, bringing Mary's milk in her own little can. This milk was boiled, emptied into two pint glass jars, and tightly sealed with the patent fastenings. I had tried to plan everything for Miss Baby's comfort, and for a week or more had had a list made out, fearing I should forget some little thing. One thing in particular let me recommend to mothers traveling with young children, and that is a small, innocent-looking covered basket, containing a necessary china article, children's size, a small wash tub, and a tightly corked bottle of water for cleansing purposes. We took our baby-carriage and a trunk. The former we found indispensable, and the latter was less trouble than valises or bundles. I took some small blankets, for one is not sure just what comforts in the line of bedding will be found. Winter as well as summer clothing was put in the trunk, for we were going North.

The train was full of people, many, like us, on their way to a summer resort. Mary was

in good trim and enjoyed looking out of the car window. She soon went to sleep. About noon she woke, hungry and uncomfortable. We were nearing Cleveland and did not want to eat our lunch until after changing cars there. But we opened the basket, and with some difficulty took out a jar of milk and a mug. If you have ever tried to open a jar full of liquid when the train was in motion and the glass top stuck to the rubber ring, you will know what happened. Fortunately, my husband had not worn his best trousers. The polish of his shoes was spoiled for that day. My dress and shoes were sprinkled. But Mary had her milk and felt refreshed. As we left Cleveland, the little one had her first sight of Lake Erie. A short trip over the lake, rough and dancing under the evening breeze, brought us to our destination.

And now began our wanderings. We had written to a lady whose rooms we felt pretty sure of securing, but had not waited for a reply, knowing that some place could be found. Up hill and down hill we trudged. We found the lady to whom we had written, but she could not accommodate us. Next, we found an uninviting cottage, situated on an inconvenient hill. The slope on which the cottage was built was quite steep; then, there was a high foundation, making a flight of steps necessary, and inside of the house was a narrow little stairway, without banisters, leading to the room which was offered us. We would be obliged to take our meals elsewhere. Tired of hunting, we were on the eve of staying there for the night only, but a pleasant porter, whom we had run across, took my husband to another place, where he found more suitable accommodations. I was willing to accept anything but an upstairs room. Steps have no charm for one with a baby.

Our arrangements were finally completed. Our lunch over, we prepared for bed. But Miss Baby had taken cold. Exposure to wind sometimes brought on an attack of colic in this funny little girl. She had one now, and screamed. My daughter cannot be excelled in this particular exercise. Her howls resounded through the room, and, doubtless, through the entire house. I had brought medicine for such an emergency, but the young lady refused it. I always had a horror of strangling. So, knowing that this was not a case of life or death, and hoping that she would soon call for the medicine she loved, I waited before pouring it down. The poor child screamed with pain.

Just at this juncture the door opened and our landlady appeared on the scene. Whether she knocked or not I do not know, but I do not think that she did. We ought to have had a kodak. The landlady, a thin, nervous little woman, rather elderly, wore a wrapper in which, she afterwards informed me, she slept during these nights when her lodgers were coming and going.

"What is the matter?"

"She has taken cold with the change, and has an attack of colic. I have medicine, but she would not take it. I think that she will in a few minutes."

The lady bent down and asked Mary to come to her. Naturally enough, the child leaned back in my arms and kicked more vigorously than ever. I cannot quite recall all of our conversation, but it was brief. "Well, the trouble with her is that she needs training!" With that, Mrs. Blank reached down and took hold of Mary as if she meant to take her by force. I had no idea what she expected to do with the child, unless, as she recommended, to hold her nose and pour the medicine down. So I said, pleasantly I am sure, "Don't do that." And our sympathetic friend turned away to the door, saying, "Well, we can't stand that."

"No," said I, emphatically, "we'll not think of staying."

In a few minutes Mary called for her medicine, and before long she was sleeping sweetly. But my husband and I did not sleep that night. As we talked over the occurrence, my first impulse was to try another place. We could not blame the woman, tired and nervous, and with a house full of lodgers who might be driven away by such uproar, if a nightly affair. We thought that if she asked us to leave we would take it in good part. But our conclusion was that,

unless asked to go, we should stay, as location and room were pleasant. The price we paid would, of course, in the recent words of Mr. Halstead, "save us from the keen pangs of gratitude."

The next day, however, Mrs. Blank found that the performance had not happened to disturb the lodgers very much. They were sympathetic in their inquiries about the "sick baby." Mrs. Blank came to me with a great deal of pleasant concern, asking about Baby, and offering me the benefit of her experience with her own children.

The second night Mary became excited by playing with some people in the parlor, and did not go to sleep until late. We were in an agony of nervousness lest she should make another disturbance, and when she went to sleep we were past going. We spent another wakeful night. Under the best circumstances, my husband is often a sufferer from insomnia. This was certainly proving a peculiar sort of recreation for him. We decided to leave in a day or two, and, indeed, wrote a postal home to that effect. But when we took a morning trip on the lake in that health-inspiring air, our spirits revived. We concluded to stay, and did not mail the postal.

After this, Mary did very well. One night she slept soundly while in the adjoining room both violin and organ were played, and somebody held forth in harrowing elocutionary exercises. On our various excursions, wherever we took a meal, we had milk boiled for her, and she certainly thrived on it. At the table she was a pattern of propriety. We wheeled the baby-carriage on the steamer on all trips, and the little girl had a safe seat. Our nights were still far from restful, for if the baby stirred, we felt uncertain as to just what variety of performance she might engage in.

Such was our experience in taking a baby to a summer resort. One might better take a cottage, alone, or with some family friends, and have all the wailing away from the crowd. Meals can be taken out at various boarding houses. Whenever we gain courage sufficient to take our children, this same small girl and a wee boy, to the same delightful spot, we shall try beforehand to secure a place we have in mind, with people who are accustomed to children's ways, and where possible commotions will not distract the household.—*G., Delaware, O.*

Poetical Recitations.

—I have been interested in what your magazine has said in regard to stories and story-telling. We find that our kindergarten little ones are much interested in the seasons, and the "October Party" being a universal favorite, I have written these simple lines for summer. They may interest some mother for her little ones.

SUMMER.

Sweet Summer gave a party, and all the flowers were there:
The buttercups and daisies, the lilies pure and fair.
The dewdrops washed their faces, the sunshine wiped their tears,
And even the baby blossoms smiled, and all forgot their fears.

The soft clouds floating over, shaded their tiny heads,
And the long, green grasses waving woke from their warm, brown beds
The caterpillars and beetles that had been sleeping sound,
And all the little creatures that live in the soft, dark ground.

They danced on the fairy carpet, spread in the silent night
By the dear grandma roses, who dropped their petals white;
The honeysuckles waving sent perfume through the air,
Inviting bees and butterflies to come and take their share.

Soft breezes gently blowing made music sweet and low,
And as they heard it coming, the flowers nodded —so.
The green trees waved their branches, the birds sang merry songs,
And little children gathered round in joyous, happy throngs.

Yes, this was the Summer party
Mother Nature gave to all,
Before the October party,
When the leaves of Autumn fall.

We introduce Delsartean exercises for the "floating clouds," "swaying grasses," "bees and butterflies," "trees," etc. We look for

the flowers, insects, etc., and illustrate the recitation in many ways.—*Grace E. Barnard, Oakland, Cal.*

Study of Child Nature.

—Perhaps no book on moral training has been published which is as brimful of practical and definite suggestions to mothers and teachers of little children as Elizabeth Harrison's *Study of Child Nature from the Kindergarten Standpoint.** Written, as it is, by the Principal of the Chicago Kindergarten Training School, to be delivered to those who come in daily contact with children, its style is easy and conversational, and it is brightened by many anecdotes, illustrating the great principles which underlie the book. With a profound conviction that the little child bears within himself instincts which can be trained upwards or downwards, and that these instincts give early manifestation of their existence, child culture is placed on the broad basis of a science. The training of the child is divided into the three general heads of the mind, the body, the soul. The first chapter on the "Instinct of Activity, or Training of the Muscles" ought to be read, pondered and inwardly digested by every mother. To give a quotation is difficult, for one is tempted to include the whole chapter, but here is one truth which needs especial emphasis: "A seemingly superfluous amount of nervous force is generated in each growing child. Making a restless child 'keep still' is a repression of this nervous energy, which irritates the whole nervous system, causing ill-temper, moroseness and general uncomfortableness. If this force could be properly expended, the child would be always sunny-tempered." Taking this as a text, the pages which follow give many suggestions as to developing the positive side of a child's character in the lines adopted by Froebel, so that the negative side will not have to be unbuilt.

Equally helpful are the chapters on training the emotions, and emphasis is given to the fact that the earliest manifestations of little likes and dislikes, of sudden gusts of passion, demand the serious attention of the mother, for on their cultivation or repression depends the development of character in future years. In her chapters on the training of the reason, and the training of the will, the author agrees substantially with Herbert Spencer's well-known theories. The importance of training the child by means of *retributive* punishments, rather than by the arbitrary methods too often used, is emphasized. Punishments are not merely to be considered as an atonement for offenses committed, but they aim to show the *nature* of the offence.

To those who believe with Froebel, not only in the instinct, but in the science of motherhood, for training the little child intrusted to our teaching, this book will prove a most valuable help. It is perhaps interesting to know that Miss Harrison is achieving marked success in her kindergarten extension movement among the tenement-house children of Chicago.—*A. C. W., Madison, Wis.*

Choosing a Cow.

—After many attempts to find a cow whose milk would agree with my "bottle-baby," I made a visit to a neighboring town, where I could procure mixed milk from a good herd. On this she thrived, but a return home brought back the old trouble. I will not detail all my experiences, but I found that the milk of a "butter-cow" disagreed most, and that of a "cheese-cow" least, if I understood the terms correctly. The first cow we bought, which was a "butter-cow," gave very rich milk, from which the cream separated very quickly and thoroughly, so that it could be rolled back from the blue skim milk underneath without leaving any trace. Scarcely any cream rose for the second skimming, and the cream already skimmed could not be mixed again with the milk, but floated in it in lumps when they were poured together. This milk seemed almost completely indigestible. We tried it warm from the cow, greatly diluted, mixed with gruel, and in various ways. The milk which agreed best was that in which the cream and milk separated very slowly and incompletely, the two readily mixing if shaken

* Published by the Chicago Kindergarten Training School.

slightly. I found that all milk agreed or disagreed by this rule—seeming to be digestible or not, according to its "separability," if I may coin the word. The milk from the herd was of the same character as the last-described milk, the cream separating poorly. Whether this rule would apply to other cases I do not know, but I give the suggestion for what it is worth, as I know that many mothers have the same difficulty in finding suitable milk or in purchasing a cow.—*M., Concord, Cal.*

NURSERY PROBLEMS.

Baths; Finger Nails; Care of the Teeth.

To the Editor of THE MOTHER'S NURSERY GUIDE:

Your magazine gives us young mothers very valuable advice, but since I have been a subscriber I have seen no answers to some questions that puzzle me much.

(1) When shall Baby's daily bath be discontinued? Never, I hear some say; but suppose mother's time and strength are very much taxed?

(2) If a change is to be made, how many baths should be given a week, and are they to be given night or morning?

(3) At what age should a child's finger nails be shaped and the cuticle loosened; and shall the nail be cut curved or straight?

(4) At what age should Baby's teeth have a daily cleansing, and should a brush be used?

(5) What will remove tartar from Baby's teeth, and what is a good tooth powder or preparation for children's teeth? I am still

ONE OF THE YOUNG MOTHERS.

Buffalo, N. Y.

(1) You answer this yourself. It is to be continued as long as you can give it. It is given in part for cleanliness, and is no more necessary at six months than at six years. As we have often said before, the immersion is not a necessary part of the bath. A quick sponging does as well.

(2) As many as you can give. If you can give only three baths a week, or two, or one even, give them. They are preferable in the morning, as a cool sponging, we think, is a protection against taking cold, and the exposure is more likely to occur by day than by night.

(3) Perhaps we do not understand the question, but to our notion a finger nail should never be "shaped" beyond keeping it clean and cut moderately short. Cut it slightly in a curve, but do not cut the corners down much, as they are needed to protect the flesh.

(4) From the time of their appearance. A rag is safest until the child is old enough to keep still while it is done. After that, a soft brush may be used. Do not injure the gums with hard brushes or careless brushing.

(5) Tartar, meaning deposits on the inner surface of and between the teeth, must be mechanically removed. Ordinary soap and water is good enough, we think, without powder.

Top Milk.

To the Editor of THE MOTHER'S NURSERY GUIDE:

What is "top milk," and how much water should I use with it for a baby three months old?

St. Louis, Mo. W. S. S.

"Top milk" is the upper half of milk which has been allowed to stand for a time, say three hours. It should be dipped, not poured, off from the under milk. For a baby of three months at first add as much water as milk; gradually diminish the proportion of water.

Keeping Sterilized Milk in Summer.

To the Editor of THE MOTHER'S NURSERY GUIDE:

Will you kindly tell me whether you think it necessary to keep sterilized milk on ice during the warm weather? Our summers are quite severe at times; the thermometer registering from 80 to 95 degrees in the house. I have never used the sterilized milk before in the warm season, and so I am ignorant as to what I should do. At present, I keep the bottles in as cool and breezy a window as I can find. The milk is thoroughly sterilized, boiling hard 45 minutes, and has never yet disagreed with my nine-months-old baby, who has taken it almost since birth. I shall be much obliged for the information desired.

Macon, Ga. L. W.

Milk which is thoroughly sterilized and thoroughly well corked need not be iced. In fact, so far as its sterility goes, it ought to stand anything so long as the bottles are tight. When milk is only partly sterilized or imperfectly corked, or in any way neglected

in the preparation, of course this remark will not hold.

Partial Weaning; Moccasins.

To the Editor of THE MOTHER'S NURSERY GUIDE:

I am a young mother with a multitude of counselors, but I turn to you as authority. My baby —a little girl—is nearly eight months old, and weighs about 19 pounds. She has never been fed except from the breast, has been perfectly well from birth, and is a strong, active child. She has two teeth through and others nearly so. Some people say, "You ought to feed her some oatmeal or some pearl barley, or some bread," etc. Now, I would ask :

(1) Ought she now to receive artificial food in part? So far as I know, I always have milk enough for her.

(2) If I should feed her, what should it be? So many different foods for babies are advertised that I do not know what to choose. She seems to be a nervous child; would that make any difference in the selection of food?

(3) Baby is now wearing little kid moccasins; ought she to wear shoes when she begins to walk?

Grass Valley, Cal. HOOSIER.

(1 and 2) Not if there is enough breast milk, until cool weather; then let her begin to drink milk warmed to blood heat and at first diluted with one part of water to two of milk. Then some barley or oatmeal gruel may be substituted for the water. When she has grinding teeth (molars), she may have bread crusts, buttered, to munch. If the breast fails try the milk and water for a part of the meals, and breast for the rest.

(3) Shoes are not needed while she is on the floor, not until she runs out of doors. See that the toes of the moccasins are wide enough.

The Need of Reform in Shoemaking.

To the Editor of THE MOTHER'S NURSERY GUIDE:

WHEN my three-year-old boy was born, we noticed that the toe next the big one on the left foot was inclined to turn under the next one. I thought if he wore broad-toed shoes it would get all right, so he wore chamois moccasins till a year and a half old, and then the broad-toed shoes from Steigerwalt; but I find the toe is not getting any better—the big toe seems to push over and almost meets the third toe—leaving the second quite underneath. It does not seem to give him any pain now, but I fear will do so later—the nail seems to pass almost through the flesh.

Is there anything I can do for it? We thought perhaps stockings with separate toes might be an advantage, but do not know if they are made for children—can you tell me?

Also, can you tell me where to get shoes without any heels? He is wearing the largest size of "Steigerwalt's infant's shoes" and the next size has spring heels. I cannot see why, if shoes with no heels are best for *little* children, they are not always best; and then they all have such thin soles. I have used cork soles in my boy's all winter. INQUIRER.

Uniontown, Pa.

The toe may have had, probably did have, some congenital peculiarity. The management of such toes requires quite a little ingenuity often. The intruding, overlapping toe must be kept in place. Various devices have been used, and which particular one is best adapted to this case, we cannot tell by description. Often, too, after the depressed toe has occupied such a position for a time, it will be necessary to raise it by a strip of adhesive plaster or in some other way. You can do a good deal, but you will work best if you have the advice of some good physician of your neighborhood. Get that one who has the most surgical or mechanical "knack." The stockings with separate toes are usually knit to order we think.

The "spring heel," meaning only a thickening of the sole at the back, is harmless. The essential reason, we apprehend, why no heels are used for any young children is to allow them as free movements of their feet as possible until they get control of them. They stumble and fall very readily at best. Any stiff sole would aggravate this tendency; later, they can manage a stiffer sole, and the spring heel is only a slight additional protection to the sole of the foot. The thinness of the sole need not be prolonged after children have good use of their limbs, but you must not expect the shoemaker to make innovations unless loudly demanded. Shoes are made to sell, and the shoemaker is a merchant, not a physiologist, nor usually a philanthropist.

Bronchial Pneumonia.

To the Editor of THE MOTHER'S NURSERY GUIDE:

Will you kindly tell me through your columns what is considered the latest and best method of treating bronchial pneumonia in a child of fourteen months of age? I have taken your magazine for two years past and always found it most invaluable. Now should particularly like your opinion on the above subject. A. L. S.

Bronchial pneumonia in a child is a disease of great gravity, and domestic treatment has

no business to meddle with it. The only course is to get the best physician you can and follow his advice in every particular. If he does not give you as specific directions as you wish, ask in detail all you want to know.

Thin Blood.

To the Editor of THE MOTHER'S NURSERY GUIDE:

The article on "The Care of Delicate Children," in the March number, mentions anemia as a thin and watery condition of the blood. Would such a condition prevent cuts and scratches from healing readily?

I have a little girl, four years old in April, weighing 48 pounds, who has always been a healthy child. Last winter her appetite was not good; she ate very little. A roughness of the skin came between her fingers. I showed it to our physician who said her blood was not in good condition, and gave her some medicine, which caused the roughness to disappear. About a month ago a sore came on her wrist which spreads by a ring of matter around the outside of the sore. If she gets a sliver in her hand it festers and makes a large sore. She is much thinner than she was six months ago, when her flesh was firm and hard.

Her brother, nine years old, had the same trouble this spring—cuts and scratches not healing—but his appetite seemed fairly good. Two other children, raised in the same way as these, were all right. They eat a variety of preparations of oats, wheat, corn and rice, drink plenty of good fresh milk, and have small pieces of meat at dinner, eggs for breakfast, and plenty of oranges, cut through and eaten with a spoon, so as not to get any of the tough skin, and one thing that I am not so sure was good for them—dates—three mornings during the week, six or eight dates to the four-year-old child.

Our physician says that in his experience this condition of the blood generally comes when the cold weather begins in the autumn. I would like to have your opinion as I find replies to other mothers so very comprehensive. I would like to ask, too, if sassafras bark made into a tea is of any use as a blood purifier?

Morris Run, Pa. M. N.

Anemia might easily cause or aggravate the sluggishness of wounds in healing; you would do well to read the article on "Cuts and Scratches" in the same number to which you refer and follow its directions carefully. The sassafras tea we do not hold in very high esteem.

Care of the Breast.

To the Editor of THE MOTHER'S NURSERY GUIDE:

I have several times been tempted to tell what a benefit your magazine has been to me, but never could get the time. Now, my first letter is to ask for help on the subject of attention to the breast before confinement. Last time I had to stop nursing the baby when only three weeks old, on account of sore nipples, which were so painful that the agony could not be endured. Now there are little white raised spots on the surface of the nipple. Is simple alum and water enough, or should I use something else? S. I.

The best general directions we can give are these: Daily carefully wash the nipples with plain water and a little borax or boric acid. Then harden them with alum and alcohol; say a teaspoonful of powdered alum in four ounces of alcohol or, if more convenient to get, whiskey. Draw the nipple out gently every day to insure that it will be long enough for the infant to seize it. Watch for cracks or abrasions and heal them if possible.

After delivery, take the greatest care of the nipples before and after each suckling, particularly as to cleansing. If they are sensitive, protect them with a soft cloth covered with vaseline or very bland oil.

Condensed Replies to Various Letters.

Mrs. W. E. M. Thomaston, Maine.—By all means follow your physician's advice about your child's diet. You cannot expect him to take the responsibility of the child's care in illness while you arrange its diet contrary to his suggestion. It is probable that the advice of your physician on the spot will be more advantageous to your child than your application of the rules of any professor at a distance made on general principles.

There are multitudes of causes which may excite diarrhœa in a child who lives on milk alone. The bands we think advisable in hot weather; very thin flannel worn loosely, outside the shirt if you prefer, are most comfortable.

A Puzzled Inquirer, Augusta, Me.—It is a little awkward to be asked to decide between the editor's general advice and a contributor to "The Mother's Parliament." The latter department was established to allow our readers to "free their minds" to each other without the interference of the Medical Editor. The name was chosen to express the fact that it is a motherly gossip. If our readers find in it anything they like to try, they can do so. But the Medical Editor cannot undertake to reconcile any opinions therein with his own. As regards the particular problem you present, we think your physician is right in asking you to use your judgment. Although you claim to have no judgment, you evidently have the making of a very good one. Our own opinion is that the amount of cream should be varied according to need, both for its nutritive use and its use as a laxative.

Anxious Mother.—The child is small and rather backward in teething. It is of no use to try to "force" the child to eat, but you must try

to coax her most assiduously. We do not know why you have not given the child cow's milk as a food, but we would suggest that cow's milk and barley water, 2 parts of the former to 1 of the latter, would be more likely to prove nourishing than what you now are giving.

Subscriber, Oakland, Cal.—Your baby has gained weight well. It is better to wean before or after hot weather, not during it. We do not think the tub bath debilitating, but a sponge bath daily is just as good. Teething, that is, the appearance of the teeth, begins, on an average, in the seventh month.

Mrs. D. E. M., Elbridge, N. Y.—We think that such a child as you describe ought to be looked over carefully by his physician, especially in order to determine the cause of his vomiting his food.

CURRENT TOPICS.

The Beauty of Naturalness.

THE fact that simple naturalness of manners and of life is to a considerable extent becoming obsolete in our social circles, and much affectation and strained manners are taking its place, made an incident which occurred not long ago in Cambridge worthy of notice, which, in other years, would have been considered by no means remarkable.

The wife of one of the most noted Harvard professors was for a few days without a cook or a housemaid, and in the emergency she and her children, who had been trained to daily household duties, kept the home in order, while the mother donned her big apron, and assumed the duties of temporary cook. It happened one morning when the children were in school that two gentlemen came to pay a short visit to this well-known literary lady. One of the gentlemen was a much-loved American poet, the other a distinguished foreigner, and his guest.

The lady was in her kitchen making gingerbread when the bell rang. She opened the door, seated her visitors in the parlor, and, after a few moments' conversation, she stated in a simple, natural way, that she happened to be without servants, and had biscuit in the oven which she must watch, and a lunch to prepare for her children, and she would therefore be obliged to ask her guests into her kitchen. She added, in a mirthful way, to the foreign gentleman, that he was not likely to receive another such invitation while in this country, and she hoped the novelty of it would lead him to respond heartily.

The guests were delighted to accept the invitation, and followed their hostess to her large sunny kitchen with evident pleasure, and with genuine words of praise for the brightness of the room; the blooming plants in the window and the savory smells were commented upon, as they took the seats offered them. The biscuits were soon taken from the oven, and the gingerbread put in, while the poet wondered if it was the good old-fashioned kind which his mother used to make when he was a boy. A pan of apples stood on the table, and when the hostess remarked, as she brought a dish from the pantry, "I promised my children apple sauce and gingerbread for lunch, and I never like to disappoint them," both gentlemen insisted they knew how to pare apples, and begged she would allow them to assist her, which she did without hesitation. Many a pleasant subject, new books, travel and home life in other countries were discussed in a free, unaffected, informal way, which such a visit would naturally induce, as the three sat together paring apples, and afterwards eating some with pieces of the hot, crisp gingerbread. That afternoon the gentlemen remarked to a friend that they did not know when they had enjoyed so mirthful, so homelike, so pleasant a visit.

We doubt not that hundreds who read this incident in one of the Boston dailies enjoyed the description of it, and would themselves enjoy such simple, natural hospitality; but we seriously question whether ten out of the hundreds who move in a social circle akin to that of the professor's wife, would, under similar circumstances, have made good the promises to their children that they should have fresh gingerbread and apple sauce for luncheon. The majority, we fear, would have allowed the biscuit to burn up, and have

given the other things the go-by.—*The Standard, Chicago.*

Management of Domestic Help.

I KNOW that it is not always easy to control one's temper when a girl seems to be stupidly doing things just the wrong way; but it must be done if any reform is desired. If one demands a good temper in her servant, she must show that she has her own under control. Moreover, there is really too much thought of the mistakes made by servants. The amount of unhappiness that they give us is out of all proportion to their importance. When a man goes into business he always expects to keep a profit and loss account, and when a loss occurs it is set down on the books, and that is usually the end of it. When a woman goes to housekeeping, she must bear in mind that there is no business or work carried on which does not suffer from unexpected mishaps and losses, and she should prepare herself to make the best of it when they occur in her case. This does not mean that one should be indifferent or in any way careless about the way her work is done. But after due care is taken to have things done well, a slight mishap which cannot be remedied should be put out of mind as soon as possible. There are very few things that go wrong about a house that are worth a wrinkle on a woman's face, or a gray hair in her head. When a dish comes to the table improperly cooked, if it is too late to change it, instead of going to the kitchen after the meal to scold about it, say nothing at the time; but when it is ordered again, tell the cook what was wrong about it and how it should be. She will appreciate such consideration. It will not seem to be fault-finding, because the mistake is a thing of the past and is only mentioned incidentally in connection with instructions for the future.

If a girl shows any disposition to manage her work with judgment, she should be allowed, as far as practicable, to do it in her own way and without any comment. If she is a reasonably good girl, she will accomplish much more than if she were interfered with; for even though she may not directly recognize that she is responsible for the result of her management, she will unconsciously take more interest in her work if she can feel that her plans are not liable to be upset at any moment.

It in no sense lowers one's dignity or lessens her authority to consult with her servants as to the most convenient time for doing extra work. If it is imperative that it should be done at once, it is proper to say so with finality; but a mere whim, or even a mere preference of the mistress, should not always be held paramount to a servant's reasons. There may be something else which she has intended to do and has adjusted her work accordingly, or she may have planned to do the particular thing in question at another time. Her wishes should not rule, but they should be taken into consideration.

Above all, if one expects to have good service, she must furnish a comfortable home for her servants. They should have a place where, at reasonable times, they may receive visits from their friends. It may be that the kitchen is the most convenient place; if so, it should be one in which they can take some pride. But if one is able to keep two or three servants, it is better to have a plain, but comfortable, sitting-room for them. They should each one room alone, if possible; but, if not, they should at least have separate single beds, and each a place where she can have her own private property. It is my opinion that a woman who cannot afford to furnish more than one room for her servants ought not to afford to keep more than one servant. The servant's room may be severely plain and the furniture cheap; but comfort should not be sacrificed to cheapness. The bed should be a good one, and there should be proper conveniences for a neat toilet.

I could go on indefinitely, mentioning specific duties and indicating a course of action in certain cases, but it would be helpful to no one. Each case must be decided when it presents itself, and the only way to meet it intelligently is to have some settled principle upon which to act. If one's idea is, that she buys her servants, mind and body,

for from two to five dollars a week, let her be content with the sort of servants she gets under such conditions. But my observation is, that one will not often have cause for serious complaint if she is willing to treat her servants with fairness and dignity.

The question with us is not what kind of servants do we prefer, but how can we get the best service out of the kind of servants that offer themselves to us. If the spirit of equity which pervades our institutions makes the American servant somewhat less humble than those of other countries, we must adapt ourselves to the surroundings, and turn her free spirit to some account by engendering in her proper pride and self-respect.—*Josephine E. Martin, in Good Housekeeping.*

Economical Household Purchases.

IT is well understood, or it should be, that discretion in buying and skill in cooking are both vital to true economy. The woman who should go to a dry-goods store, and, without specifying what particular kind of cloth she wanted, direct the salesman to give her enough of the best woolen goods for a dress, and who should then hand the material over to her dressmaker with instructions merely to make it well and trim it becomingly, might, or might not, be well dressed. It is fairly certain that she would not be economically dressed. Yet thousands of women give orders after precisely this fashion to their butchers and cooks, and are then despondent because their bills are so large.

It is a primary duty of the housekeeper to understand the relative values of the goods, and to know how they should be cooked to preserve those values. If the most expensive viands are desired, all right. Let them be so prepared that they shall justify their cost. They do not necessarily traverse the principles of true economy. But the most expensive viands, while they are likely to be the best for their particular purposes, are entirely out of place in the preparation of other equally valuable and equally toothsome dishes. Their use then becomes gross extravagance. If the housekeeper knows the character of each article of food that is bought, and devotes each to its proper use, she has mastered the great principle of dietetic economy.—*American Analyst.*

Beginning Housekeeping.

HAPPINESS in the home depends more upon the wife than husband, although co-operation is necessary to success in nearly everything we undertake.

Mothers are directly responsible for so much friction in household machinery. No daughter's education should be considered complete until she thoroughly understands every branch of house work. Circumstances may necessitate her having only an oversight of it, but a little experience will teach any good housewife that servants have more respect for a mistress who is skilled in household economics than for one who is dependent upon their help. Then, if a servant leaves suddenly, the competent housewife is able to fill the gap until further arrangements can be made. In country towns and villages a "maid of all work" is all the help required, and many times a strong, healthy woman prefers to do the work herself.

One well versed in the culinary art can gladden her husband's heart in many ways, and also find some time for social duties and reading, other things being equal.

A well-ordered house is only one step toward homemaking. Young ladies are usually very careful of their toilet when their lovers are expected, but too many forget this after marriage. It is even more essential that a wife make herself attractive to the man she sees three hundred and sixty-five days in the year. Harriet Beecher Stowe says that love needs as much care as thrifty house plants. Sunshine is essential to their growth, and does not a tastefully dressed woman help to make sunshine in the home? She cannot make it alone, for a selfish man would cloud the atmosphere of any horizon, however bright it might be.

The boy who is taught to wait upon his mother will be thoughtful for his wife. Such a man lends warmth to the home atmosphere in many little ways. Here, again, we see the

responsibility that women hold, for "the home life is the pulse of the Nation," and our little boys and girls are to be the fathers and mothers of the future.—*Christian at Work.*

Teasing Children.

THE other afternoon I got into a car of the Sixth avenue elevated road going up town. At the next station above where I entered the car, a father, mother and a boy about five or six years old got into the same car. A seat was given to the mother, who made room for the boy beside her; after a time the father got a seat and tried to persuade the boy to come over to him. The boy very irritably refused, and, with pouting lips, clung closer to his mother. A few stations further on, a seat beside the mother was vacated, and then the father changed his seat to the vacant one beside his wife. Each moved, and the small boy was persuaded to kneel between them and look out of the window. No sooner was he comfortably settled than the father began amusing himself by pulling the boy's ears, pinching his cheeks, shoving his elbows off the window sill, pulling his feet. At every manifestation of anger or impatience the father would throw his head back and laugh. At last he made the boy cry, and his enjoyment reached a climax as he now kept saying in an audible whisper, "Cry baby! cry baby!"

The poor little fellow was a painful object. He was very thin, had tiny bones, and was evidently worn out nervously, and, without doubt, his physical condition was due entirely to the thoughtless cruelty of his father, a big, healthy, careless, fun-loving man—I had almost written monster—selfish and dense to every finer emotion. The patient expression on the mother's face as she mechanically soothed the boy, proved that the experience was too common to even arouse comment in her mind.

The next morning I picked up the *Tribune* and turned to a report of the doings of Chautauqua; the proceedings of the woman's club were reported, the principal subject being the training of children. "How would you break a child of the habit of teasing?' "By breaking older people of the habit of teasing the child," were question and answer that brought vividly to mind the incident of the evening before.

What a future of rasped nerves and false standards of amusements was being established through a father's thoughtlessness!—*Christian Union.*

Technical Training for Girls.

WHAT the next fifty years may bring forth of changes and revolutions in the social ranks it is impossible to do more than guess at; but one thing is amply apparent already, and that is, that it is simply cruelty for the "gentleman" of small means, or the professional man who lives in luxury while he does live, but probably is not able to make a provision for his daughters to do more than exist—perhaps not even that, after his death—to let them grow up without such a training as will fit them for the struggle for existence which is daily becoming more severe.

There are ample opportunities now for girls to get technical training in all branches of work. They are certainly likely to be no worse for it, and it may become a necessity for them to use their talents professionally. Dress cutting and making, millinery, embroidery, wood carving, metal work (bent or hammered), china painting, tapestry painting, typewriting, book-keeping, nay, even writing for the press, all these can be learned with the thoroughness that is needed for professional work, not to mention art, decorative or pictorial, for which, of course, as well as for music or singing, a special talent is required.

There are opportunities at hand for study of all these and many other subjects; the girls should be as well equipped as the boys; and if the lines should fall to them in pleasant places, and they are saved the experience of having to work for their daily bread, they are none the worse, but infinitely better, for the discipline of the serious study of any subject which they may elect to take up.—*Woman's Illustrated World.*

THE

Mother's Nursery Guide.

BABYHOOD

Vol. VIII. SEPTEMBER, 1892. No. 94.

SOME COMMON NERVOUS DISEASES AND WHAT THEY SIGNIFY.

BY JOSEPH COLLINS, M.D.,

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THE physician is daily called upon to witness the remarkable development of the mind and the nervous system in the child, particularly between the ages of two and twelve years. It is at this time that the child gets indelibly fixed upon its mind the nature of its being, its relationship to a higher power, its idea of language as a means of conveying thought, and its general reason for being. Of course this requires a high state of nutrition for the nervous system, and when this nutrition is denied it, it suffers in consequence and functionates perversely. The penalty that the nervous system pays for this refinement and development is a remarkable proneness and susceptibility to disease, as is manifested by the various functional nerve disorders occurring during this period of life. The physician is also made keenly aware of the power which the mental has over the bodily fabric. He recognizes the fact that moral causes induce disease and indeed in some instances destroy life; that these causes, if not early removed, will result in a state which is inimical to the development of stable manhood or womanhood, and leaves a field especially prone to the development of serious organic diseases.

We know that most of the acts which we do seemingly involuntarily are nothing more or less than the result of habit; walking, breathing, smiling, and so on, were in the beginning purposive acts, which, on being repeated innumerable times, become a part and parcel of one's existence. This can be illustrated by observing a person held spell-bound by witnessing some appalling spectacle, or by the influence which such a person as Mark Twain has over his audience when telling one of his horripilating ghost stories, the interest of his listeners being so intense that their breathing becomes remarkably slow and shallow and a succession of deep breaths is needed afterward in order to make up for lost oxygen. That is to say, during the intensity of their excitement they forget to breathe. Now, a child who is taught to do things methodically from the time when he is devoid of intelligence, will do them as if by instinct when he reaches the age of understanding, and comprehends the purpose and utility of such things as saying "Thank you," for instance, when anything is handed him, or the instinctive prayer before retiring. In the same way, any continuous perverse inclination, such as making grimaces, may become an important element in starting up an attack of chorea (St. Vitus' dance). We know from observation and experience that children are of all creatures the most talented and persevering mimics. In fact, the first few years of their babyhood education is made up of mimicking their companions and teachers without in any way understanding why. And an important part of the teacher's duty in later childhood years is to eradicate this tendency to act and speak and think as others do, and to cultivate those faculties inherent to their individuality of

which they are as yet ignorant of possessing.

Chorea is one of the most distressing diseases of later childhood, not only to the child himself, but particularly to his family and those who are obliged to witness it. It derived its name of St. Vitus' dance from the fact that when it first prevailed at Strassburg, in the thirteenth century, the victims were ordered to be taken to the chapel of St. Vitus in order to be cured by the supposed beneficent intercession of the Saint. Its occurrence is about twice as often in the female as in the male, and frequently this proportion is increased. Why this is so is not difficult of explanation, when we consider that chorea is most frequently observed between the ages of eight and fifteen years, a period full of exigencies and change for the girl child, indicating the years, in this climate at least, when severe and prolonged drafts are made upon her fund of reserved nervous energy by the appearance of the phenomena of beginning womanhood. Undoubtedly the most common cause is fright; but fright alone is not sufficient, for if it were, St. Vitus' dance would be a very common thing. It is only when there is some underlying state of affairs which predisposes the nervous system to the loss of its stability and prepares a soil on which the perverted condition can be manifested, that we get chorea as the result of fright. This predisposing state may be handed down from parents and family, or it may come from apparently dissimilar states of the blood, such, for instance, as rheumatism, and some affections of the heart. The causes of this fright may differ; in some cases it is a fire or the sight of a sad accident; but frequently, far too frequently, it is the direct result of deliberate purpose by some playmate or friend, who thinks it a specially bright thing to dress up as a ghost, or to arrange some series of occurrences which will frighten the child into insensibility. Until one can see the pitiful results coming from this senseless form of amusement, it is hardly possible to appreciate the immense amount of damage it is responsible for.

Prevention is golden, cure is but a baser metal. How to obviate the occurrence of this distressing disease is the important question. If this could only be impressed on mothers, one long step would be made toward suppressing the disease. Parents who are aware that their children are heir to a legacy of unstable nerves, because of the previous or present manifestations of such an inheritance in themselves or their relatives, should be doubly cautious to keep the health of their children up to the highest possible standard by the judicious administration of those four cardinal health producers, viz., sunlight, fresh air, nutritious food and some preparation of iron. Then they should remove as far as possible any dangers of sudden fright or excitement. One may say that this is almost an impossibility; but the employment of sensible, untiring nursery maids and governesses will go a long way toward overcoming the difficulty, since, without question, many a case of chorea has been precipitated by the barbarous custom of bugaboo stories and fearful ghost tales of the nursery.

Another point of importance with such children is to overcome the habit of imitating. As has been said, children are proverbially talented mimics; and this tendency to imitate is probably entirely devoid of consciousness in the child, and merely the response of certain areas in the brain brought into activity by the sight of such movements or changes in the observed. Take, for instance, a child, say a year or two old, who sees a dog; having previously been in the habit of seeing these animals, he will probably greet the dog with a "bow-wow," that is, he will endeavor to imitate not the name nor the appearance of the dog, but the most marked characteristic which has been impressed on the small nerve centers in his brain, viz., the bark. And so it is in many other examples; the child greets with characteristic sounds familiar objects long before he has learned their names or purposes. And this is but an exemplification of what has been said of mimicking. We know that one of the common ways for chorea to develop is allowing children to attend school with other children suffering from the malady. But sight must

never be lost of the underlying conditions which are absolutely indispensable for the presence of chorea. This disease has been almost conclusively proven to be dependent upon changes in the nerve centers or tracts, but it has also been shown that these changes can be present without being associated with symptoms; therefore, if we inhibit the principal element in its cause we may prevent the disease.

Another important thing is to prevent recurrence of the disease, especially as regards the exciting effect of fright. For, apparently, recurrence of an attack is attributable to fright in greater frequency than in the first instance. Careful attention to details in the treatment of this disease is of as much importance as is medicinal treatment; and in the first place removal from any exciting influences and surroundings is imperative. Frequently children in the incipient stages of chorea are chided for being clumsy and ungraceful in their walk, for continually dropping things, or for having twitchings or contortions of the body, particularly when under the gaze of strangers; such admonitions simply add fuel to the flame. Although the very judicious indulgence in the lightest muscular exercise does probably no harm, the best results will be obtained by interdicting muscular exercise completely, especially if the paroxysm is at all severe. Then forced rest in bed will often be followed by surprising and continued amelioration of the bad symptoms, and by continued improvement. An important factor also is the influence of pleasant surroundings, a cheerful room and pleasant companions, so that no mental disquietude will manifest itself as the result of the forced quietness. Judicious discipline is here invaluable, as we must remember we are not alone curing the present attack, but eradicating an evil which may manifest itself in other forms during life.

> "He that would govern others, first should be
> The master of himself, richly endowed
> With depth of understanding, height of knowledge."

Scrupulous cleanliness is of greatest importance, as in many cases the skin is harsh and dry, and this avenue of escape for refuse matter, the retention of which is detrimental to the system, is closed. The application of soothing substances, like cold cream or vaseline, with the frequent repetition of tepid or hot-water baths, not only overcomes this difficulty, but soothes the nerve endings as well. The hot-air bath in moderately robust children meets these indications also. The mental apathy of patients often prevents them from paying strict attention to their personal necessities, even when they are old enough to recognize them; and therefore particular attention should be paid to the bowels, in order to get regular evacuations and to look after unnoticed evacuations that often result at the height of the paroxysm; this may be said also of the urine. If strictest attention is not paid to these things, unforeseen and unpleasant accidents will happen. It is necessary in some cases to take some precautions against the little patients doing themselves serious bodily harm by falling, or by the sudden spasmodic contractions of the muscles, causing violent contact with hard objects; and in some cases, indeed, the spasms are so severe as to throw the patient suddenly out of bed.

As in all other diseases the basis of which is a lack of nutrition, the necessity of administering easily digested nutritious food in abundance cannot be over-estimated. We hear much of excessive eating and overfeeding as being the cause of so many ills. Very likely they are, but chorea is not of them. Small quantities of concentrated food, frequently repeated, are invaluable in getting the system back to that state wherein symptoms of disease cannot manifest themselves.

The medical treatment demands the attention of a skilled physician for many reasons, not the least important of which is the fact that the drug which has been found to be of greatest service, according to the consensus of opinion of the best authorities, is arsenic; and this remedy, generally administered in the shape of Fowler's solution in from three to ten-drop doses, requires careful watching, and should never be experimented with in domestic practice.

NATURAL AND ARTIFICIAL FEEDING OF INFANTS.

BY JOSEPH B. COOKE, M. D.

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THE question is often asked: "What is the most common cause of summer complaint in infants?" I should unhesitatingly reply, "Over-feeding, or improper feeding, or both," and I might truthfully add that the same causes are responsible for a large proportion of infantile disorders other than summer complaint.

Over-feeding is, however, the most common cause of all. If a mother, in good health herself, nurses her child, the quality and character of the food are in all probability of the best. If she feeds the baby from the bottle, she will, in the majority of cases, consult her physician as to the best manner of preparing the food and follow his directions in that respect to the letter. But there the good work too often ends, and the child is over-fed, though with good food.

Too many mothers kill their babies with kindness. I say *kill* advisedly, for it expresses my meaning exactly. The little fellow is fed during the day every time he cries, and at night he nurses almost constantly. What is the result? His stomach is at all times overladen with food, and he soon becomes a chronic dyspeptic! His stomach is working continually without any rest, till, finally, the day comes when it gives out entirely. Then come vomiting, colic, diarrhœa, "marasmus" and death, all because his digestive apparatus was worked beyond its strength and power of endurance. I know I have described an extreme case, but there is such a vast number of extreme cases! And if the child is overfed with *improper* food, which he could not thoroughly digest even in suitable quantities at proper intervals of time, it is not difficult to imagine the increased gravity of the case.

Now for the remedy: What, how and when should a baby be fed? First of all, every baby should be nursed by its mother unless her condition absolutely forbids it. There can be no appeal from this law. The mere fact that mother's milk is an infant's natural food is sufficient argument in its favor, and the woman who can nurse her child and does not do so, either on account of the inconvenience it causes, or for any other reason whatever, is not worthy the name of mother. Of course, there are women who cannot follow this rule, owing either to their low condition of health or to the fact that their milk is of inferior quality and does not nourish the child sufficiently. To such women I should strongly recommend the bottle in preference to the wet-nurse. The latter is not only a considerable expense, but is extremely difficult to secure, and is seldom a desirable person to have in the house.

As to the proper method of feeding, let us first consider the nursing baby. From his birth until he is four weeks old he should be allowed to nurse every two hours by day and every three hours by night. No more, no less; and the only sure way of regulating the time of feeding is by the clock.

During the second month of his life let him nurse every three hours by day and every four hours by night, and then gradually break him of the habit of nursing at all between 11 o'clock P.M. and 5 o'clock A.M.; that is, feed him only at 5, 8 and 11 A.M., 2, 5, 8 and 11 P.M.

If he wakes at night and cries give him a teaspoonful of water that has previously been boiled for fifteen minutes, placed in a clean

bottle, corked and kept for his special use. This boiled water should be prepared fresh daily. Also give him a teaspoonful of boiled water three or four times a day, for it must be remembered that milk does not quench thirst, and that a great deal of an infant's uneasiness is due to thirst, unless water has been given him from time to time. As he grows older, the interval between his meals should be gradually increased until, at the age of six months, he will nurse only every four hours by day, and not at all at night.

During this period nothing but the milk and occasional sips of boiled water should be given the child unless expressly ordered by a physician. Neither corn starch, oatmeal, nor anything else. Young babies cannot digest such substances, and they only act as irritating foreign bodies in the stomach and intestines.

After the sixth month, four feedings a day will be sufficient; and if the mother will follow out this plan of feeding to the letter she will find that both her child and herself will be greatly benefited by it.

A child conscientiously fed in this manner, with the clock as a guide, will sleep all night and a good part of the day, and give comparatively no trouble to its mother or nurse.

As to the bottle-fed baby, the hours for feeding should be, according to his age, the same as for the nursing baby, and the methods must be just as regularly and conscientiously carried out. Under no circumstances give him the bottle and allow him to suck at it from morning to night and from night to morning.

The first and most important point in the management of the bottle-fed baby is the bottle, and it can be settled in short order.

Never use a bottle with tubes, pipes or any such abominations attached to it, no matter how highly it is recommended by "the lady who lives next door and has brought up eight children on the bottle." The only suitable bottle is a perfectly plain one that can be easily and thoroughly cleaned, and to the mouth of which can be attached a black rubber conical nipple.

There should be "in commission" six nipples and three bottles, which should be used in order, cleaned immediately after each feeding, and kept completely immersed in a solution of boiled water and bicarbonate of soda (two teaspoonfuls of soda to a pint of water) until used again.

To clean the bottles, wash them thoroughly with soap and hot water, using a brush or swab to remove all adherent particles of milk; then scald them out several times with boiling water, taking care to remove every vestige of soap, and put them in the soda solution.

To clean the nipple, place it on a finger, like a glove finger, and scrub it with soap and water; then turn it inside out and repeat the process even more thoroughly; pass a straw through the hole in the end to remove any milk that may remain there, and put it with the bottles in the soda solution, to stay until it is wanted for use again.

What is the best artificial food for an infant? Goat's milk, ass's milk and mare's milk are as undesirable as they are unobtainable. The various patent "baby foods" are apt to do more harm than good, and, at best, are usually prepared for use with milk as a basis. They may be dismissed with no further comment.

Condensed milk is not sufficiently nourishing, and its sole merit—its freedom from disease germs—is no longer of any importance, as we can so easily sterilize milk at home.

All that remains is cow's milk, and it must be specially prepared for our use. "One cow's milk" is seldom to be preferred to good milk from a healthy herd, particularly in large cities, where the "private can" is often filled by the milkman from the general supply.

Omitting the chemistry of milk, and the theoretical reasons for the preparation of our artificial mother's milk, one of the best and simplest methods may be stated as follows:

Boiled water (cooled)	3 ounces.
Cream	2 "
Milk	1 "
Milk sugar	3½ drams.

For convenience it may be mentioned that, approximately, two tablespoonfuls of a liquid make an ounce, and a teaspoonful of milk sugar weighs a dram.

The milk sugar can be obtained of any apothecary.

Place this mixture in an open bottle and set the bottle in a kettle of boiling water deep enough to allow the water to come up above the milk in the bottle. Let it remain in the boiling water for twenty minutes, then remove it; add 2 ounces of lime water. Cork it at once with a plug of absorbent cotton, and set it in a cool place for use.

It is a good plan to prepare the milk in this way every morning as soon as the fresh supply arrives, making enough to last throughout the day. Put only enough in the nursing bottle for one feeding, and always throw away any that may be left over after feeding, and clean the nursing bottle at once in the manner already described.

Generally speaking, give an ounce (2 tablespoonfuls) of the prepared milk for each month of the child's age at every meal. Thus, a baby two months old should be given 2 ounces, and a child of four months should be allowed 4 ounces; but it is impossible to lay down an absolute law in this respect, and a great deal of common sense must be exercised by the mother. It would often be best to consult the family physician in the matter.

If, at any time, the baby shows no desire for his food after a reasonable effort has been made to tempt him, remove it entirely, and do not offer it again until the next feeding time comes round, when, of course, he will be given fresh milk in a clean bottle. A little hunger will not hurt him, but will serve to whet his appetite, and teach him that he must be prompt at his meals.

A SHORT TALK ABOUT DISEASE GERMS: WHAT THEY ARE AND WHAT THEY DO.

BY WILLIAM B. CANFIELD, M.D., BALTIMORE.

WHETHER it is a morbid curiosity or a healthy act of the human mind to seek after a cause for everything, is hard to say, but in few connections do people ask "What was the cause?" or "How did it happen?" more than when an accident or sickness is announced. The sympathizing mother or nurse almost always asks the sympathy-seeking child how it happened after the slightest accident; and, this found out, the trouble is soon forgotten. Inquisitive friends (?), too, forget their sympathy and offers for help in their eager desire to know how such and such a disease started and in their haste to pass on this toothsome piece of gossip.

Now, physicians and all scientific workers in the healing art have been asking for hundreds of years what causes disease, and especially those diseases which are usually called contagious. This question has in part been answered, this tangle is gradually being brought out of disorder, and the actual causes of individual diseases are one by one coming to light. The practical individual very naturally asks, "What is the use of finding out what causes a disease, if we cannot prevent or cure it?" This is a fair question, but we should remember that it is always a mistake to put down a discovery or invention as worthless because it cannot immediately be put to some practical use. It is now more than two hundred years since the first set of lenses, crudely put together and called a microscope, showed that much of the life of this

globe was only made visible, or its effects made manifest, by the aid of magnifying glasses of high power. When the first glimpse of this invisible world was obtained imagination ran riot, and it was supposed that all available space was crowded and thronged with these invisible inhabitants of the world, and much consternation was caused. It is only in more recent times that the microscope has been brought to such a high state of perfection that the good and bad effects of these micro-organisms have been brought to light and better understood.

Most of these little organisms or micro-organisms are generally called bacteria; their study is called bacteriology, and those who are engaged in this special kind of study are called bacteriologists. The word *bacterium* (plural, *bacteria*) means a little rod or staff, because most of these micro-organisms are rod-shaped. The Latin word *bacillus* (plural, *bacilli*) is also used in about the same way. Some micro-organisms are neither bacteria nor bacilli. Thus, the formation on the upper surface of jelly in uncovered jelly glasses is a kind of micro-organism which belongs to the class of moulds. Some micro-organisms are called parasites. Literally, parasite means an unbidden guest, one that sits at the table by you without an invitation or welcome. The different kinds of worms which some children have belong to the parasites, and there are some microscopic organisms which infest the blood in certain diseases which are also called parasites.

The recent study of bacteriology has not only made a change in the treatment of some of the diseases and in our method of performing surgical operations, but it has explained many things which we formerly did without knowing why, and these explanations are always satisfactory to an inquiring mind. These bacteria and bacilli are of a very low form of life, and probably belong to the vegetable kingdom, but they possess some characteristics of the animal kingdom, and in reality may be looked upon almost as the connecting link between the two kingdoms. They are so small that it is very hard to give any idea of their size, but this is best done by comparison with objects whose size is known. As most of these organisms are rod-shaped, an ingenious writer has given us an idea of their size by saying that 1,500 of the best known of these little bodies placed end to end in a row, would just reach across the head of a pin. It is very remarkable, then, that objects that are so small, we not only can see under a great variety of circumstances, but we can, so to speak, handle them, cultivate them just as we do flowers and plants, study their peculiarities and learn their life history.

We hear and read so often of the dangers of these bacteria, and of the connection between bacteria and disease, and bacteria seem to be at the bottom of so many diseases, that it is but natural to look at all of them as harmful, on the principle that a man is known by the company he keeps. It is just as well to state that many bacteria are not only not harmful nor dangerous, but they do a great deal of good, so that we could not get on without them. Again, many of the most dangerous ones die before they have time to get in their fatal work, so that with the enormous number of bacteria and the appalling rapidity with which they reproduce their kind, we have the consolation of knowing that many are harmless, many beneficent, that many dangerous ones die early, and that some forms are so hostile to each other, that when they meet, like the Kilkenny cats, they are all exterminated; and, again, that others are so dependent on each other, and even so affectionate, that, like Damon and Pythias, they cannot live apart, and languish and die when separated. Thus we see that while the number of disease-producing bacteria is larger than we like, still the number is not so very dreadful, and when we consider the good some do, we see that we can put up with the dangers of the bad for the advantages of the good.

If it were not too startling a fact, it might be well to remember that in the mouth of each healthy person there are about twenty or more different kinds of bacteria always present. Many of these are useful in splitting up the food which is chewed, and they help it to be prepared for digestion; other

bacteria protect the teeth, and prevent decay and the collection of tartar on the back of the teeth; again other bacteria keep in a proper state the saliva which is of use in mastication and preparing the food for the stomach. There is no doubt that we have in parts of our digestive tract bacteria whose duty it is to assist the breaking up of the food, digestion and assimilation.

Outside of the body, bacteria are our friends; thus, when refuse animal matter is thrown out and undergoes what we call decomposition, it is the action of a large number of busy little bacteria that breaks up this matter and reduces it to its ultimate parts. Bacteria cause fermentation, and they are artificially cultivated to make beer. Light-giving bacteria cause phosphorescence on the surface of water.

Thus, we see that these bacteria make their presence known in a variety of ways, and are often of great use to us. To say that there are bacteria everywhere would be exaggerating the truth; but that they are very prevalent is not doubted by those who know, and they are particularly abundant in crowded communities, in cities and in enclosed places where many people congregate; ths iis especially true of hospitals. Some of these bacteria have an independent power of motion, but none of them have powers of locomotion, and hence they cannot go about and are not apt to float in the air unless attached to some microscopic piece of dust. Such bodies, too, have a tendency to settle on the ground so that the air in a closed room is comparatively free from these impurities; but in a room where there is much motion there is always dust in the air, and there is always a chance that some bacteria may be attached to this dust. It is only necessary to notice a sunbeam slanting across a room in which there is much dust to show how abundant this dust is.

If, then, disease in the shape of these bacteria is so prevalent, it would seem at first that it would be impossible to get out of the way of these myriads of organisms which some would have us believe are on every side lying in wait to assail us. Fortunately, things are not so bad as they look. Bacteria are probably no more abundant now than they were before we had a suspicion of their existence, and we know that in a well-regulated community disease is not usually so prevalent as to occasion remark.

The principal ways by which disease gets into the body are through the air, water and food, and these enter the body by the nose and mouth. The air in high mountains and far out at sea is very pure, but the nearer we approach civilization the less pure it becomes. Some diseases are carried very readily by the air, while others are passed from one person to another only at a short range, while others again require close contact. While many diseases require close contact and others are carried for long distances by the air, a few diseases may be carried by an intermediate or third person from a sick to a healthy individual while the carrier may escape. In this way physicians and nurses carry the disease from one patient to another.

From these facts arose the two words contagious and infectious, the definitions of which few accurately understand. Contagious diseases were originally supposed to be those which were conveyed by actual contact. It is this very study of bacteriology which has so altered the exact meaning of these two words that it is impossible to define them individually, and hence they may as well be used as synonyms, although it is generally admitted that infectious is a somewhat more comprehensive term than contagious. Thus everything that is contagious is infectious, but the reverse is not true.

Consumption is a disease carried by the air and it is now well known that the germs of malarial fever have been lifted up from the marshy regions where they live and thrive, and have been carried long distances to regions where they do not belong. In this way have been explained the occasional outbreaks of malaria occurring in the Catskill Mountains. The germs were probably blown up from the Hudson River. The germs of typhoid fever and Asiatic cholera are always found in some soils. The digging up of certain kinds of soil, especially in the streets of

cities, is a frequent cause of malaria and typhoid fever; but it is a satisfaction to know that, with some exceptions, the ground contains few germs far below the surface.

Some uncooked food may contain bacteria, and it is well known that sausages of doubtful origin and made of raw meats are a very frequent means of introducing not only bacteria but parasites like the tapeworm and other kinds into the body. Milk may be a dangerous article of food if it is not properly selected, and this is particularly the case in large cities. Many dangerous disease germs live and thrive in fresh milk, and especially may consumption and typhoid fever and at times scarlet fever get into the body through milk. Impure water is a constant source of danger. This may look very hopeless to the mother or nurse who has the care of young children in the city. There are so many offsets to these dangers, however, and so many means within easy reach of all, and Dame Nature is such a good protector of our bodies, that many of these dangers exist in name only, for the careful and prudent.

The consideration of some diseases, with hints for their prevention and avoidance, will be the subject of a future paper.

A MOTHER'S DUTY IN MENTAL CHILD-TRAINING.

BY JESSICA WOLCOTT ALLEN.

MANY mothers who are intelligent and progressive in spirit lack opportunity for studying the kindergarten methods, and they cannot send their children to any school of this kind. Those who are so situated read with dismay statements asserting that "it takes a thorough course of training, under competent instructors, to make an acceptable kindergarten teacher" and "this method cannot be picked up, for it is an art and a science to be studied." So these mothers say, "How are my children to receive the advantages of these new ideas?"

It is hoped that this article may answer some of these questioners, as the thoughts have the mother who writes it, aiming to give some of the fundamental ideas of Froebel's teachings, but not of kindergarten work. Any mother who can receive and appreciate the *spirit* of his teaching will be able to do all that is needful for her little ones, and she will be inspired to do better for them than any ordinary kindergarten teacher would do.

The little children most generally deprived of this kind of instruction are, fortunately, those least in need of its advantages. Children in the wealthier families are usually given into the charge of nurse girls, whose brains might about as well be constructed out of sawdust, so far as their capabilities generally fit them for the great work entrusted to them. These children play with meaningless toys, are led out to walk, and treated like so many machines which are run in a thoroughly orderly manner. Poor things, to them a kindergarten is indeed a "garden," a little paradise of Eden.

The circumstances under which the children of the poor are brought up do not tend to stunt their growth, as is the case with those of the wealthy, but their mental and moral growth is in the wrong direction, hence there is a great need of better training.

But when we look at the middle classes, who are not so generally favored with the kindergarten, we see that their children are quite differently situated. They are brought

up "under the mother's wing," her eyes are loving and watchful, and she is an ever-willing and present guide. She does not weary of their thousand daily questions, nor does she refuse to "show them how" things are done. They are not confined to a prison called a nursery, but, being left to amuse themselves much of the time, they give themselves considerable "manual training" and form, with an intelligent mother's aid, habits of observation and of independence, which are of the greatest value in life.

Mothers cannot be too careful about forcing the little child's brain. There is much sin committed in the form of what appears to be harmless. A common mistake is in reading to children a good class of literature, but of a nature which they ought not to be expected to comprehend at an early age, even if, as the fond parents assure us, "they understand every word." One who has observed children can never be pleased with a precocious child. There are few things more saddening. The little girl Mrs. Burnett pictured for us in "Editha's Burglar" is a child that wrings tears from the very soul of a true mother and child-lover. We want sweet and simple little children, but not frail angels and philosophers, nor pigmy men and women. There are only enough exceptions to prove the rule, that precocious children do not develop into great or brilliant men and women.

Let books alone when the children are around, and *talk* to them, giving them the "book knowledge" second-hand in your own simple language. Teach them the obedience of love, patience, self-sacrifice and its beauty, as soon as they begin to understand anything. Begin as soon as they can see things to show them whatever is lovely and good. Put enthusiasm into their little souls, for it is so much needed in this rushing, worrying, weary old world. Lay open before them the book of nature, and explain its pictures—for there are none finer—and its wonderful letterings.

Do not be too precise with the tender creatures. Precision has taken all spontaneity out of far too many children, and made them grow up men and women with wavering minds that are blown hither and thither by others' opinions, because their own wills cannot act spontaneously. The management of some parents reminds one of the unmarried female who was so constitutionally opposed to dirt that she took up her geraniums every day and dusted off the roots. The heart-wail of many a thoughtful child, were it expressed, would be, "Let me alone for just a little, only let me alone."

The sunshine in which a child develops is sympathy. Food and clothing and good training, minus an atmosphere of sympathy, may produce good children, but they are the dissatisfied, hungry-eyed little ones who grow up disagreeable men and women. Especially when accidents happen, should sympathy be forthcoming. This plain justice, that is seldom denied an older person, is often withheld from children.

Agassiz was pronounced "above all else a teacher," and he said: "If you study Nature in books, when you go out of doors you cannot find her." And when asked to write a text-book on zoology, he said: "It is not school-books we want, but *students*. The book of nature is always open, and all that I can do or say shall be to lead young people to study that book, and not pin their faith to any other." Our children are like the plants in our gardens—we cannot make them grow, but we can place them under influences which are conducive to growth, and we must ever bear in mind that each little life needs individual care and treatment.

If the right seed is planted in the young brain, never mind about its developing early—give it room and sunshine and time. The little "dots" who earnestly watched the conjunction of Jupiter and Venus last winter, who lovingly gaze at the stars and watch the moon's phases—they will never cry over an astronomy lesson. Will the boy who cried because he couldn't pick the daisies as fast as they blossomed ever "hate" flowers? A five-year-old girl who discovers "two robins, a woodpecker, a bluebird, and an oriole" in the trees will not grow up to feel lonely when she can know and have about her such sweet companions.

So, in simple ways, can every mother kindle youthful enthusiasm which will prove the foundation in later years for a truly "good education," which will not be "finished" at eighteen, but continued through life, resulting in the "knowing and the thinking mind" which, in a recent number of *The Forum*, President Dwight tells us is the end and purpose of "the higher education."

KINDERGARTEN-AT-HOME STORIES.

Bessie's Sewing.

"COME, Bessie," said mamma, "here is your sewing. To-day I want you to do ten stitches." Bessie looked mournful. "I want to go out, mamma," she said.

"You shall go out as soon as the ten stitches are done," replied mamma.

Bessie looked out of the window at the green grass and waving branches, at the bright flowers and yellow butterflies, and she felt more mournful still. She hung her head and sighed. Ten stitches. Oh! she was sure it would take her at least *two—three* whole hours to sew ten stitches on that horrid old handkerchief.

"Come, little Bess," said mamma, cheerfully, "begin; the flowers are waiting for you out in the garden, and the pussie would like to have a run with you, and it will not take long to sew the ten stitches if you once begin."

Bessie took up the handkerchief and put in her needle. "Oh! Oh! mamma," she cried, "I've pricked my finger. Oh! Oh! Oh! and look; it's bleeding." And she held up her finger to show the wee-wee red spot to mamma. Mamma wiped the little forefinger gently, and then laughed. "My little Bessie must not make a fuss about such a small thing as that," she said, "it does not hurt you much, does it?" Bessie was obliged to confess that she hardly felt the prick at all. "But I don't want to sew," she said.

Nevertheless, she drew out her needle—the first stitch was done. Now for the second. Carefully she drew the thread through. "Oh! there is a knot, mamma; look," and she pulled rather crossly at the thread and broke it. "I don't like to sew," cried Bessie, with a pout. Now she must begin all over again. Oh! this tiresome old handkerchief! She wished she could tear it, or throw it away, or better still, if it were only winter, and there were a fire in the grate, she would like to stuff it right in between the bars, and see it burn up. And she laughed, to think what a fine blaze it would make. But it was not winter, and there was no fire in the grate. The window was open, and the birds were singing outside, and the grass and the flowers were nodding, and the branches were waving in the wind.

"Well, Bess," said mamma. She took up her work and began again. One stitch done, two stitches done, when—"Oh, pussie! you dear, darling, little pussie," exclaimed Bessie, and Topsy made a spring, and was on Bessie's lap in a moment. Down went the work, and up went pussie in Bessie's arms. But pussie would not stay. No; down she jumped again, and caught the handkerchief in her paws, and rolled herself up in it, and then

unrolled herself, then looked at it, and tapped it, then pulled it and dragged it about, but finally spying a nice fat grasshopper on the piazza outside, flew after that, and left Bessie with her work again.

And now the needle was lost and had to be found, and Bessie was vexed, and the tears came into her eyes—and then she rubbed her eyes with her knuckles, and then she had to wait till the misty blue cleared away before she could go on. Well, she had three stitches done, at any rate, and now here was the fourth, and when mamma (who had been called out of the room for a moment) came back, she would perhaps find a fifth done. But who can that be out in the hall? "Oh! Oh! Oh! it must be Uncle Jack. Uncle Jack! Uncle Jack!" screamed Bessie, and out she flew into the hall, and was lifted up in a strong pair of arms, hugged and kissed, and hugged again. "Uncle Jack! you dear, darling Uncle Jack!" she exclaimed, "I did not know you were coming." "No, I did not know it myself till this morning, pet," said her uncle.

Now, back came mamma, and, of course, she too was surprised and pleased to see Uncle Jack, and there was a great deal of laughing and talking, and Bessie was so happy. She thought, "now there is an end of the sewing for to-day." But when Uncle Jack went up to his room to brush his hair and put away some of his things, Bessie saw mamma looking about for the handkerchief. Now, while her uncle was talking with mamma, Bessie had been exploring his pockets, and she had found some nice red and white and pink candies. Some she had popped into her mouth, while the rest she had kept in her hands, till now her little fingers were so sticky that she could not go on with her work.

Mamma said she must go and wash her hands, and then come back to finish her sewing before going out. "But Uncle Jack will go out without me," said Bessie, "and oh, dear mamma! I don't *want* to sew any more." "Bessie," said Mamma, "if you go upstairs at once and wash your hands, and then come down and begin your work *directly*, you will have it finished before Uncle Jack is ready to go out."

Bessie went slowly upstairs and came down with nice clean hands, but still with a doleful, discontented expression on her face. She sat down on her little stool, but instead of taking up her handkerchief turned and looked out of the window. She put her elbows on her knees, and resting her chin in her hands, she began to think.

"How I do hate to sew," she thought. "I have been a whole, whole hour doing *ten*—no, *five* stitches. First, I pricked my finger and it bled. *Oh, dear!* Then I made a knot in my thread, and it broke. Then pussie came and I lost my needle, and then Uncle Jack came, and then I got my hands sticky—and now I am *so* tired! I am just ready to drop. That's what grown-up people say when they have been shopping," continued Bessie to herself. "Yes, I think I am just ready to drop, and I do want to go out in the garden so much. I think the fresh air would 'revive' me. That's what Aunt Helen says when she has a bad headache. Oh, dear! I never, *never* can finish the ten stitches," and Bessie's head drooped more and more, and she was just going to begin to cry when she heard Mamma speaking to some one in the hall. Just then, in came Uncle Jack. "Why, here's a foolish Bessie," he exclaimed, looking at the disconsolate figure in the window.

"I am not a foolish Bessie," said she, very indignantly.

"Oh! why, it's my Bessie, I declare," he said, looking at her more closely. "How could I have been so mistaken? I am sure I beg your pardon."

Bessie looked up and laughed.

"Yes, to be sure! I see now it is my own Bessie, and not a foolish little Bess, after all. You see I was mistaken for a minute, because I thought it was a mournful-looking child in the window instead of a bright, happy one. Hullo! What's this?" said he, taking up the handkerchief.

"That's my sewing," said Bessie, in a little, soft voice, "and I don't want to do it; I don't like it."

"Oho!" said Uncle Jack, "how nicely these five stitches seem to be done. Now, I wonder if I could ever learn to sew. You see, if I should ever be a sailor, or a cobbler, or a tailor, it might be useful for me to know how. But then, boys are so stupid," he added; "I don't believe I could ever learn."

"Boys!" repeated Bessie, looking at him rather contemptuously; "you are not a boy; you are a man!"

"To be sure! So I am. But I suppose I am just as stupid as any boy. Well, I'm afraid I never shall learn."

"I'll show you how," said Bessie, looking at him very earnestly, and going slowly up to him and standing by his knee. "See, you put the needle in so, and then you push it hard with your thimble, and then you pull the needle out; there! that's a stitch, you see."

"Oh! is it?" said Uncle Jack. "Just show me that once more, please. I am not sure that I quite understood how you did it."

So Bessie showed him again.

"Oh, I see!" said Uncle Jack. "Now, once more to make sure."

Bessie made another stitch.

"Well! well!" said Uncle Jack. "Now *I* must try."

He took the handkerchief and the needle, and Bessie's thimble, which he stuck on the top of his finger, and went to work. Off popped the thimble, for it was far too small. But Uncle Jack would not give in, and with a great deal of pains he took a stitch, and then showed it to Bessie.

"Oh! oh! Uncle Jack, you have made a *gobble* stitch," and sure enough he *had* made a veritable gobble stitch.

"Well, better luck next time, perhaps," said Uncle Jack. "You see, I told you boys —no, I mean men—were stupid things. But now, you must make one more stitch, and then, perhaps, I shall learn how."

So Bessie patiently showed him again, and then once more, and then Uncle Jack exclaimed, "Why, here are ten stitches already. Well, I declare!"

"Mamma! mamma!" cried Bessie, "I've done my sewing. See all my ten stitches; but that great *gobble* stitch is not mine," she added, rather anxiously. Then, as she saw her mamma laughing, she said, "That is Uncle Jack's. He wanted to learn how to sew. But you must get him a thimble for himself—a great *big* one, because mine is too small; he can't keep it on."

"Oh, yes! of course, I must have a thimble," said Uncle Jack, "and I can't sew any more till I get one; so, now, my Bessie and I will go out in the garden."

Mamma had Bessie's hat in her hand. She tied it on quickly, and Uncle Jack, taking the little girl up in his two hands, lifted her over the low window-sill and dropped her gently on the ground beneath; then, jumping out after her, they both ran off chasing the butterflies.—*A.*

The Two Trees.

Two trees stood on a beautiful lawn in front of a large house. One was a tall walnut, its branches reaching far in the air; the other was a young maple, only a few feet high.

The children who lived in the large house used often to bring their dinner in a basket and eat it under the spreading branches of the walnut. They would look over at the maple and say: "Some day, when it is larger, we will go there instead." The walnut tree looked down upon the young maple with contempt. "You are a poor little thing," he would say; "it will be many years before you can reach high in the air as I can." "Yes," assented the maple, "but I will just be contented to grow a very little each day and in time I, too, shall be a large tree."

So the maple tree grew slowly, happy in the sunshine and grateful for the summer showers. One day there came a great storm of wind and rain. The walnut, rejoicing in its great strength, met it with no fear, waving its large branches in the air; the maple bent nearly to the ground under its force, thinking, "I am afraid it is too strong for me; if only I were as tall as the walnut!" Suddenly there was a crash, and the walnut, unable to bend before the mighty wind, lay low upon the ground, uprooted. Soon the storm passed and the maple was able once more to raise

its head. Thankful it had been able to withstand the wind, it looked around, and with surprise saw its stronger neighbor upon the ground. "Papa, see," cried the children a little later, "our old walnut was blown over by the wind and the little maple is still standing; how could it when the walnut fell?" "The maple is young and lithe and could bend before the storm," answered papa, "while the walnut, not being able to bend and not strong enough to resist it, fell."

The next day some men came and trimmed off all the branches from the walnut; the large trunk was then taken to a neighboring city, where it was sold and made into chairs. The maple continued to grow, and before long the children found shade beneath its branches in which to sit and play.

—*A. C. B.*

THE CHILD'S VOCABULARY.

BY JAMES BUCKHAM.

FEW parents and older brothers and sisters seem to realize that children pick up their entire vocabulary from the words spoken by those about them. Language is not evolved from within a child's consciousness; it grows by accretions from without. Ideas spring from within, but the words to fit the ideas must be received from external sources. Thus, the acquisition of language is a purely imitative process.

Older people should remember that, just as their acts in the presence of children fall upon intensely bright and retentive visual mirrors, so, also, their words are caught up and retained, as it were, by little vocal mirrors, which have the power, not only to keep, but to repeat these images. The child's vocabulary will be an exact reproduction of what it hears, day by day, from its elders. It will invent no words of its own; it will never happen by intuition upon a word or phrase which it has never heard. There is no such thing as the mind's *growing into* language; it is language which must grow into the mind.

We may be very sure, then, that, if there are any young children in the household, just picking up a vocabulary, some of our own words and phrases are going to get reflected in those vocal mirrors—perhaps the very ones we should least desire to have so appropriated. For instance, a slang phrase, or a vulgar word, which one might without any particular sense of responsibility—though, possibly, with a twinge of conscience—use in the company of adults, cannot be used in the presence of children without incurring grave responsibility. For, while adults are able to appraise such an expression at its true worth, knowing it to be inferior, and, therefore, if they choose, rejecting it from their own vocabulary, children have no means of knowing that it is not the pure gold of speech. They will catch it up as readily as anything else—perhaps, more readily, from the fact that the emphasis which such a word or phrase is likely to receive in utterance, makes it particularly salient and graspable. I have heard a little girl, just beginning to talk, catch up a vulgarism embedded in an otherwise unobjectionable sentence, and repeat it, with evident relish, over and over again, to the great embarrassment of the person who furnished

the bit of base coin, and the manifest annoyance of the parents. And the worst of it is that, when a child has once pounced upon such a phrase, especially if it has associated the phrase with a certain idea, that form of words becomes almost as ineradicable as witch-grass. The recurrence of the idea always brings back the vulgar expression with which it was originally identified, and that, too, without the fault of the child, who has only been exercising its privilege of imitation in a perfectly legitimate manner.

In view of such facts as these, I would offer two cautions, as regards conversation, to parents and adult members of families where there are children just learning to talk. First, never talk *to* a child in language which you would not be perfectly willing to hear that child repeat, day by day, as your permanent contribution to its vocabulary. Secondly, when talking to others in the presence of a child, make that child an *intermediary auditor* between yourself and the person whom you are addressing; that is, think of the child first with reference to your language, and the person whom you are directly addressing afterward. Do not become so engrossed in conversation that you can forget that a child is listening. Many people seem to think that, as soon as they stop talking directly to a child, and address themselves to an older person in the room, it is not necessary to keep any further watch upon their words. But a child is frequently a closer listener to what is said merely in its presence, that to what is directly addressed to it. For the little one knows nothing of that conventional pretense of shutting its ears to what is not particularly intended for it, and gathers freely such impressions as come to it from any collocation of sounds whatsoever.

It is no slight responsibility, this of playing one's inevitable part in the formation of a child's vocabulary. By and by, the character will begin to take shape, and as words come to be more clearly and thoroughly understood, they, along with other influences, will begin to perform their moulding function. The language which a child picks up and makes its own, will, in due time, exercise a moral influence over that child. And not only that, but it will reveal to the world the kind of moral influence which has been brought to bear upon the child in its home. Words are the garments of character. How careful, then, should we be of this dress of thought, which means so much to the imitative, undeveloped child, and which eventually reveals so much in that child of the influence to which it has been subjected.

NURSERY PROBLEMS.

Meals at Fourteen Months.

To the Editor of THE MOTHER'S NURSERY GUIDE:

My baby boy is fourteen months old. For six months I have fed him every three and a half hours in the daytime and not at all at night. His diet consists now of bread and milk, oatmeal porridge, and occasionally a little baked potato, and he is a fat, hearty baby. As there are only my husband and myself besides, it seems difficult to avoid bringing Baby to the table for dinner at twelve and supper at half-past five, and he always wants to eat when he sees us eat.

(1) If I should feed him at our meal time, would that make the intervals too long, or would it do any better to give him a drink of milk and a cracker between meals?

(2) Are oatmeal or soda crackers allowable at his age?

(3) Would the juice of stewed fruits be objectionable to try to overcome constipation?

(4) Ought his milk to be warmed this summer?

Bowen, Ill. MRS. G.

(1) If you cannot arrange anything by which he can amuse himself while you eat, you can let him come to table, if you resolutely

determine not to allow him to have tastes of things other than his proper food. He will be better for a drink of milk, with or without the cracker, in the intervals between meals.

(2) Oatmeal crackers, dried in the oven until they are crisp—not re-cooked, only dried—are best on account of the constipation.

(3) They can probably be allowed. Give them at morning or at noon.

(4) Yes; to blood heat.

Hours for Nursing and Bathing.

To the Editor of THE MOTHER'S NURSERY GUIDE:

My baby is three months old, perfectly healthy, and sleeps well at night, sometimes for ten hours, nursing without fully waking. During the day she nurses not oftener than every two hours.

(1) At what hours should she be nursed?

(2) Which is the proper hour for her bath? Is it well to nurse her directly after her bath?

(3) If she chances to be asleep, should she be wakened for her bath or to nurse at the regular hours? If not, would not the whole day's schedule be disarranged?

East Orange, N. J. YOUNG MOTHER.

(1) The hours of beginning the day's routine depend upon a baby's waking, within limits. The hours of nursing for a child of three months are usually about two and one-half hours apart from beginning to beginning of the sucklings, but the interval should be gradually increased so that by five or six months it should be three hours, at which interval it should remain for the rest of the year. Night intervals should be longer; and night feeding, *i. e.*, between adult bedtime and early morning, should be gotten rid of as soon as practicable, by six months if possible, if the child is in good health.

(2) The bath is most conveniently given somewhere about 9 or 10 A.M., but the time can be varied according to family habits. After the bath, the child may be suckled if the time has arrived, and then will probably fall asleep. There is no objection to suckling after the bath. The latter should not be a depressing function, but a refreshing one.

(3) It is not necessary to have so sharp a time-table as a railroad, and Baby's naps may be respected in reason, but she should not be allowed to sleep on indefinitely. "The day's schedule" is very apt to be disarranged by any but the most methodical babies, but day by day the struggle to keep up to it must be renewed.

Sea and Mountain Climates.

To the Editor of THE MOTHER'S NURSERY GUIDE:

Your excellent magazine makes us monthly visits, and now I desire to ask it to give its readers some light on the subject of vacation air for babies. Which is best, mountain or seaside; or, in case this depends on Baby's constitution, what conditions should have the mountain air and what ones the sea air? I have an impression that mountain air would be preferable in at least a majority of cases. Is this so? E. L. G.

Albany, N. Y.

The question has no "yes or no" answer. Babies generally do well in any place which is healthy, not too hot, and where good food is to be had. The nursing baby should go where its mother thrives best. The weaned baby we usually send to cool hilly places, because, as a rule, the milk supply is better in such grazing districts than by the seaside, but exceptions exist of course. Avoid malarial places, avoid damp places, and, as a rule, avoid river bottoms if you have any choice. The point whether the mountain or the sea air—as such and aside from the points already raised—will best agree is very hard to determine. The family practitioner who knows the family peculiarities can guess at the answer; but otherwise it often requires several years of experiment to determine which really agrees better with a growing child. Excitable children may thrive beside the sea because of the drowsy effect it often has upon them; on the other hand its prevalent winds may excite. And so on for a multitude of points. Wherever you go, see that the surroundings of your lodging are wholesome.

Curdled Milk; Night Clothing.

To the Editor of THE MOTHER'S NURSERY GUIDE:

My baby boy is nearly a year old. Being in good health, with a fair supply of milk, I have decided not to wean him entirely until after hot weather. He weighed 20 pounds at ten months (weighed 7¾ pounds at birth), and comes of small stock—has six teeth, and looks the picture of health. I nurse him at 5 A.M., 3.30, 7 and 10.15 P.M., and give him top milk and barley water at 8.30 A.M. and 12.15 P.M. The milk has quite a large proportion of cream, and I mix six tablespoonfuls of milk with three of the barley

water, adding a little sugar and a pinch of salt. I live in the country, and have my own cow.

What worries and perplexes me is that his movements, though usually of a good color, are almost always mixed with curdled milk, and he has a roughness on his cheeks, due, I judge, to indigestion.

Do I mix his food in the right proportion?

Glendale, S. C. L.

Your plan strikes us as good. The curdled milk may be cream which has acted as a laxative. If curds of casein, you may perhaps get rid of them by using a larger proportion of barley water and skimming only the top third of milk, so as to get rather less casein proportionately.

Enlarged Uvula.

To the Editor of THE MOTHER'S NURSERY GUIDE:

The recent article on "Chronic Enlargement of the Tonsils," by Dr. Delavan, prompts me to write asking your advice concerning what seems to be a chronic enlargement of the uvula and soft palate in my little four and a half year old son. To this enlargement our local physician attributes the child's inability to speak plainly and his difficult breathing at night. But this same physician assures me the child will outgrow the trouble. The boy is a strong, sturdy child, weighing 46 pounds, and of good height, thoroughly healthy, so far as I know. But the slightest cold settles immediately in the uvula, causing the child untold trouble as soon as he lies down, with an almost constant throat cough, which very often results in nausea. His breathing at night is always impeded; his mouth is, at night, usually open, and he snores very audibly. Altogether, the symptoms are to me distressing, and I turn to you for advice as to what should be done, since it seems to me a case which should not be left for the child to outgrow, if, indeed, he ever may.

Kansas. M. M. C.

We should advise first the examination of the pharynx to see if there is also an obstruction there besides the enlarged uvula. If there is, it would much better be away. If the pharynx is clear, then we think such a uvula as you describe, which is sufficiently enlarged to impede breathing, should be cut off, even if in time it would shrink, for the boy will suffer damage in the meantime.

Frequency of Nursing.

To the Editor of THE MOTHER'S NURSERY GUIDE:

I have noticed that you speak of too frequent nursing injuring a baby. Will you tell me if you think it can be so in the case of my daughter? As a little baby she was very delicate, having one severe sickness after another. We tried food of every sort, but could find nothing to agree with her. When she was five months old, my doctor told me that we must find a wet nurse for her. At this time she weighed 8½ pounds. She gained a quarter of a pound the first week that she nursed, and 1¼ pounds during seven weeks following. Then we decided to change nurses. This last nurse has been with the baby eleven weeks, and during that time she has gained 10 pounds. The doctor tells me that the milk is second grade, so that the baby should nurse every two hours. It does not seem possible to me that it can be injuring her, as her bowels are perfectly normal, she takes three naps a day, and sleeps well at night. She is now nine and a half months old, weighs 20 pounds, and is quite the rosiest and merriest specimen of babyhood that it has been my good fortune to see. Will you kindly tell me whether you think it can be injuring her in any way that I would not notice? M. T. A.

City of Mexico.

It is a good rule not to look for causes of things that we do not know have happened. As you cannot see that your child has been injured in any way, in fact as she seems to you to be very well indeed, it is hardly worth while to worry lest she be injured by too frequent nursing.

All we have said about frequent nursing is usually true. But the art of the practice of medicine lies in applying and adapting to individual cases the general rules which ordinarily are sound. Your physician prescribed for your baby when it was ill a certain course of suckling; her improved condition showed the judiciousness of his advice. You should we think, if you still have access to him, again inquire if he thinks that, in her present state of health, the frequent nursing is still called for.

Abscess; Sterilizing Milk.

To the Editor of THE MOTHER'S NURSERY GUIDE:

(1) I have a baby three months old who has had two gatherings in his head. Should there be anything done for him?

(2) How long should milk be boiled to be sterilized?

Utica, Neb. A. H. S.

(1) We do not quite understand the question, *i. e.*, whether "in the head" means, as it often does in popular language, in the nasal cavity, or in the ears, or whether you mean a gathering beneath the scalp. In any case, certainly there should be something done for it.

(2) Milk should be sterilized so long as you are uncertain about its purity. The only object

of sterilization is to avoid the dangers resulting from complete or partial spoiling. The time of boiling need be but a few minutes.

Uses of Fat in Foods.

To the Editor of THE MOTHER'S NURSERY GUIDE:

Your kind answer to my queries in the May number prompts some more inquiries:

(1) Would any serious difficulty arise from a lack of fat in the food, and what would be its first indication?

(2) Would not a lack of fat be favorable to the good health of a baby who evidently has a strong tendency to excess of flesh?

(3) My youngest has been using malted milk over two months, and has been growing large and fat. Is not that an evidence that it is agreeing with her? E. R. A.

Oberlin, O.

(1) Lack of fat would be a disadvantage just as deficiency of any of the principal elements of food would be. There has been some doubt raised as to whether deficiency of fat is as serious a drawback as other deficiencies, and, perhaps, with the great safeguards we have against loss of heat in warm houses and clothing, the doubt may be well founded. But it is better usually to keep the food as near the theoretical standard as is practicable. There are other uses of fat, as a laxative, for instance, which should not be overlooked.

(2) Fatty food does not much tend to the production of fat in the consumer. The sugars and starches are much more fattening. Your malted milk has this tendency.

(3) Yes, so far as it goes, increase in size is evidence of food agreeing. Growth in stature is a better evidence than simple increase of fat, which last is consistent with poor nutrition in other ways.

Vegetables for the Nursing Mother.

To the Editor of THE MOTHER'S NURSERY GUIDE:

Will you be kind enough to tell me what summer vegetables should be avoided by a nursing mother whose baby is now four months old? *Portland, Me.* H. S. D.

Only those found to disagree. If you know in advance that any disagree, of course you will avoid them. Most fresh vegetables we think are harmless if the digestion is good. There are exceptions, of course. Many have difficulty with the new potato.

Condensed Replies to Various Letters.

An Appreciative Subscriber.—The child weighs enough; the softness of its flesh very likely depends upon the teething. Unless other reasons exist for changing, we think that the food may as well be continued through the summer, and we should not give any solid food beyond the bread crusts already given. But you may give good broth of chicken, mutton or beef, with rice or barley (without any vegetables of course), or beef juice squeezed from raw meat.

Old Subscriber.—We cannot recommend such a hair wash. If it is used to prevent the hair from turning dark, it is, of course, intended to counteract a natural tendency, else it would not be called for. Such a wash becomes in effect a hair bleach, and we know of nothing that is efficient and at the same time free from the disadvantages you mention.

Mrs. W. F. K., Spokane, Wash.—"Ought to Know" says "bottles with tubes," and makes no allusion to conditions such as yours. Doubtless your physician is doing the best he can with your breast. "Ought to Know" merely attacked a form of nursing bottles which should not be tolerated. All babies are not colicky, and, as far as our experience goes, they usually are not. If one has a colicky child to deal with, she must do the best she can, just as with any other ailment. It is a mistake to consider the colic as a matter of course. It is an ailment (not a dangerous one usually), and needs treatment.

S. W. B., Philadelphia, Pa.—Why not try this formula: Milk, 1 tablespoonful; cream, 1½ tablespoonfuls; water, 5 tablespoonfuls; milk-sugar, a heaping teaspoonful; lime-water, a dessertspoonful, the last to be added after the food has been sterilized. If you have a sterilizer you can mix the day's rations in the proportions given above, and put it into as many bottles as you need feedings. Sterilize all at once, and warm up each bottle to blood-heat as needed.

Mrs. C. W. K., Lancaster, Pa.—The food you ask about is one of the best. No food is sure to agree, and you will need medical advice when what you use does not.

Subscriber, Glens Falls, N. Y.—The article in the April number entitled "Diet After Weaning," seems to answer your questions. There is no objection to the continuance of the oatmeal.

HABITS OF POSTURE.

THE necessity of daily physical exercise of some kind for growing boys and girls is generally recognized in the present day. Ample recreation in out-of-door games, or exercise by means of gymnastics and systematic drilling, will do much to counteract the evil effects of the prolonged hours of study which modern education demands, but nothing will entirely prevent the production of deformity in the more delicate pupils if bad postures become habitual. The comparatively short time which can be allowed for free and healthful exercise is not sufficient to overcome the bad effect of the many hours of growth in crooked postures.

The spine and the chest are the parts which chiefly suffer, and many consequent evils are apt to follow. If the chest becomes contracted by stooping over the desk, or from the effects of lateral curvature, an ungainly carriage and slouching figure are not the only evils which result. The general health will be affected; the lungs especially, and the organs of digestion very frequently will cease to do their work in a normal manner, and will be made more liable to attack by serious disease.

In the medical profession we fully recognize the fact that almost constant motion is a normal condition of children, and that such a condition is necessary to promote natural development. We further know that action in any one set of muscles cannot be maintained for more than a very limited period at one time. We deduce from the above facts that young people should not be kept in constrained postures for long periods; and that the urgent directions of schoolmasters and mistresses, nurses and parents, to children under their care to "sit up," that is, to hold themselves erect by their own muscular exertion alone, is practically impossible for them to carry out for more than very short periods at a time. In sitting erect without proper support to the back, the muscles soon become tired and the back is bulged out posteriorly, and round shoulders are the result, or else the spine has to bend laterally until it is restrained by arriving at the limit of the lateral flexion of the joints held together by the ligaments. The same position is frequently repeated till a slight permanent curve is set up. Constant repetition of the posture produces a gradual alteration in the joints of the vertebræ and an increase of the curves. This is the origin, I believe, of a very large number of cases of lateral curvature.

Writing.

The amount of writing that is now done by scholars is immensely greater than it was some years ago; it is necessitated by the plan universally adopted at examinations of writing answers to questions. It is probably during *writing* that young undeveloped people most usually acquire bad positions.

For school work nearly all the writing may be done by a pencil upon paper placed on a light board held against the body with the left hand. The pupil sitting comfortably in a chair in a good position, leaning back against a cushion, can write without constraint and without the bad posture produced in bending over a table or desk.

Position in Piano Playing.

The position of the player should be such that an easy command of the notes is obtained without involving the player being so near that the arms cannot move freely, and without being so far off that the arms have to

be strained to reach the piano. That position which is best for the piano is also best for the posture. The player should sit in an easy unconstrained attitude, holding the body upright. A great many young people are inclined to stoop over the piano, and even some professional players do this, but the latter fact does not make the posture less objectionable; the position has probably been acquired by the professional in early life. Other pupils will bend constantly over to the right, and others again to the left. Certainly, in playing high up in the treble or low down in the bass, the body must be moved to one side or the other, but this is a different matter from the constrained attitude referred to.

If the pupils adopt such habits as contraction of the features, or biting of the lips, or holding the breath, it is a certain symptom that the position is constrained, and every effort should be made to induce them to be easy and natural in their ways.

Great pains should be taken by the teacher to insist upon a free use of the wrists in playing. If the wrists are held stiffly, a constrained position of the body almost invariably follows, but free and easy movement of the wrists almost always ensures freedom and natural carriage of the body.

In Singing and Reciting

the same principles hold good, and it is impossible to produce free and *harmonious* notes or words unless the chest is well expanded. Mr. John Millard, who occupies the position of Professor of Declamation and Elocution at the Royal College of Music, in describing to me the great importance of good postures in speaking and singing, referred to the wonderful intonation of the costermonger and other street criers, and he had noticed that this clearness of power of voice depended in a great measure upon the good postures which these men assumed.

I will now refer to some occupations, which are independent of school work, although taking a place in general education.

Horse Riding.

Bad postures in riding are very common, and not only do they produce irregular development of the body, but are often the source of accident. Both boys and girls are frequently taught to ride either by friends, or by a coachman or groom, and the style of posture is not sufficiently attended to. With regard to boys, the position, which Sir Francis Head describes as the "note of interrogation" position, is very frequently adopted, and becomes a habit which it is difficult to shake off in after-life. In this position the spine is allowed to bulge backwards and the head to drop forwards. In itself it is ungraceful and does not allow proper expansion of the lungs, but that which is of greater importance still is that when a horse stumbles or falls, the rider is inevitably thrown forwards, and often loses his seat, whereas if he adopted a position with his shoulder thrown well backwards it ought to be almost impossible for the rider to be unseated unless the horse rolls entirely over.

With regard to girls, a great deal of horse exercise upon the old-fashioned hollow-shaped saddle is liable to cause curvature of the spine. A reversible side-saddle upon which the rider can vary her position from left to right is often advised as a preventive of the bad effects of riding. I doubt very much the advantage derived from such a practice. Perhaps if children are taught from the first to make these changes they may become used to accommodate themselves to the repeated change, but riding upon the off-side of a horse is naturally an awkward position, and the rider is apt to assume a very bad posture when thus placed. In the latter position it is necessary to make the horse lead with the near foreleg, while when the rider upon the next occasion changes her seat, the horse will have to change its lead. The difficulties thus involved are likely to do more harm than good as regards the posture of the rider.

I think it preferable, as I have elsewhere stated, to have a young girl taught to ride well and evenly in the ordinary position, that is, on the "near" side of the horse. Moreover, a good riding-master should be employed, as grooms and coachmen, however careful and experienced in their ordinary work, are seldom, if ever, able to give the

necessary instructions. Saddles can now be obtained which allow the rider to sit evenly without twisting the body. If these precautions are taken, I do not think that riding, unless indulged in to great excess, will alone produce curvature of the spine. Boys also must be taught to sit well back in their saddles.

Cycling.

Excellent as horse-riding is as a recreation and an exercise, I believe it is surpassed in many respects by cycling. In any case, whatever opinion may be held upon this point, it must be conceded that cycling, both on the score of convenience and economy, is far more within the reach of the majority than horse-riding. It must be obvious to all, whether they have personal experience of cycling, or whether their knowledge depends upon observation alone, that the majority of riders occupy a very ungainly posture. Never did the street Arab hit upon a more applicable term than when he dubbed some riders as "monkeys on gridirons." "Mr. Punch" was also very happy in his skit upon the modern cyclist. You will probably remember the clever drawing of a skeleton, representing the supposed development of a cyclist. But, after all, this is no worse than the "note of interrogation" style. Undoubtedly, a safety bicycle can be ridden in an upright posture if the machine is suitably arranged, and the rider is not engaged in a race; but for health purposes alone the tricycle seems to permit of better postures than a safety bicycle.

It would take too long to enter into full details upon postures in cycling. Suffice it to say that the position of the seat and the position of the handles are of great importance to ensure an upright position of the body. It is seldom that the handles are placed sufficiently high, or sufficiently near to the body of the rider. The proper position is that which enables the rider to sit upright while retaining full command of the handles.

Heredity Stoop.

I have frequently been told by the mother of a stooping child that she could not hope for much change because the posture was natural to the family. The father had always stooped and his father before him, or the habit existed in herself and among her ancestors.

I think there can be no doubt that in certain families an hereditary tendency of this kind occurs, and especially in old families, and notably among the aristocracy of this country, but the habit is not the less harmful than when otherwise engendered, nor is it then incurable.

I especially call to mind just now the family of one very important nobleman and statesman, many of the male members of which are notably thus afflicted; but I do not doubt that with due care and the adoption of suitable corrective measures all these individuals might have been properly developed, and thereby their physical strength, their general health and their personal appearance considerably improved.—*From "Education without Deformity," by Noble Smith, F. R. C. S. London: Smith, Elder & Co.*

THE MOTHERS' PARLIAMENT.

The Early Use of the Nursery Chair.

—In reading the many valuable hints given as a solution of the various nursery problems that perplex inexperienced mothers, I have often noticed directions for making various protectors for the mother's dress in the shape of lap-pads, etc., and the fact has become more and more apparent to me that many mothers do not appreciate the value of using the nursery chair from earliest infancy or the simplicity of the formation of the habit.

Indeed, in the case of very young infants, it is only necessary to begin at the beginning. Instruct the nurse to hold the child over some convenient receptacle after every meal

and every nap, however short. The habit will be formed before you have regained your health, and it is only necessary to keep on for the few following weeks to fix the habit beyond all danger of relapse. It is surprising how soon a call for the chair may be interpreted by the accustomed ear.

In teaching older children already confirmed in bad ways considerable patience is needed, but the gain in cleanliness and comfort is so great that any sacrifice is well-paid.

The following experience, told to me by a young and persevering mother, serves to support my theories. My friend was a college graduate, full of zeal to bring up her bright little daughter in the very best way as she saw it. She had already taught her to observe an unvarying bedtime and fixed napping hours. She went to sleep without attention other than an occasional kiss from her mother as she passed about her work. She slept all night without waking. She had her meals at regular hours four times a day. As a result of this regularity she was, of course, a preternaturally good-natured baby. This little paragon had, however, one failing. Hardly that, as she had never been taught better, yet the fact remained that she inundated and otherwise impaired the usefulness of something like fifteen napkins every day. Let me add that this baby was at the time but four months old.

"How did I teach such a wee thing to use her nursery chair?" said the mother, on hearing my expressions of delight at this confirmation of my often-repeated theories. "Well, in the first place, you see, the opening in the wooden seat was too large by half, so I made a thick circular cushion, which at least kept her from falling through, and then, in the face of good-natured ridicule from every member of my family, I began the baby's training."

"Let me interrupt long enough to ask all about this cushion," said I.

"Oh, that was very simple. Just two circular pieces of muslin, sewed together and filled with cotton batting. But I improved on it later. It naturally became stained and saturated in the course of time, so I cut two pieces of rubber cloth and made a new cushion with that as a covering. Then I only had to sponge off the outside and it was as clean as new again. By the way, I wonder if the inflated rubber air-cushions don't come in small sizes; they would be just the very thing.

"While I'm talking of my improvements, let me tell you about my contrivance for holding the toilet paper. I made a series of little pockets like those one often sees in linen, which are designed to be used for shoes, and tacked the article to the back of the chair with long stitches. In one pocket I put the roll of paper, another I used for the box of powder, and the others I found useful for a handkerchief, an occasional plaything or any other needful trifle, and last of all I fastened on a little cushion stuck full of safety pins, for before that I never, *never*, could find a pin when I wanted it. I found the outfit to be an exceedingly useful supplement to the baby's basket, I assure you. Anyone could, of course, make a double row of pockets and fasten all at the back out of Baby's reach. They could be utilized for as many of Baby's toilet articles as one wished and so do away altogether with the basket if desired.

"The first time that I tried the chair experiment was directly after her morning meal. She was inclined to be frightened, but a little cajoling ended that, and then I sat down on the floor beside her and waited. Presently the desired effect was produced, whereupon I clapped my hands and made a general uproar, with the idea of impressing the baby that something extraordinary had taken place. I took her up immediately. Of course, I had a general idea at what times I had heretofore needed to change her linen, and at those hours I clapped the astonished child into position and waited until something happened.

"About this time she had changed from a tendency toward diarrhœa to a slightly constipated condition, so the bowel evacuations were easily managed. I had been in the habit of using a suppository of Castile soap as a reminder; so I used to insert a tiny bit of it and keep it in position with my finger

while I held her over the chair until the movement began. She doesn't need to have the motions aided any more, for putting her on the chair at the same hour every day has become all the reminder that is required.

"Well, I kept on in this way, giving her the opportunity to use the chair after every meal, after every nap, whenever she nestled and cried out in the night, and at the end of her daily carriage ride. It was only a very short time before she began to cry in a distinctly different manner, which, as far as I have been able to discover, means that she wants to be cared for in this respect. The crying always stops, anyway, and she seldom fails to improve her chances. She is seven months old now, and a soiled napkin is an unheard-of thing. They are damp, sometimes, at the end of a protracted ride or under some similar circumstance; but what could you expect?

"Do I need to get up in the night for her? Oh, bless you, no! I put her to bed at 7 P. M., you know, and when I retire myself, at 9.30 or 10 P. M., she wakens sufficiently to be taken up. Generally, she scarcely opens her eyes. At about 5 A. M. I need to go to her again; but for the last few weeks she frequently has required no attention until I rise myself, at 7, or thereabouts.

"Sometimes, when I have her out in her carriage for two or three hours at a stretch, say—I have a habit of walking away into the country and putting Baby on the grass for a roll—at the end of these walks she sometimes frets and worries to get home. She usually waits, if it is not too long a time. I have often wondered if there were not some utensil, like a very small and shallow bed-pan of light weight, that could be snugly tucked in the carriage and used when needed. There must be, of course.

"There is one other little point, and then, I think, I have told you the whole history. One day we were going to drive, and I wanted baby to use her chair before she started; but she seemed to have little inclination, although some time had elapsed since she had been placed on it. The carriage was waiting, and everybody was ready but the little autocrat of the household. Suddenly the idea struck some one to try pouring water from a pitcher into the bowl—a plan well known to medical men, and which has frequently caused some remarkable cures of 'inexplicable retention' in adults. The sound of the falling water seemed to inspire the young woman, either by association or by some occult power, and the desired effect resulted. We have tried it successfully on other similar occasions."

I thanked my enthusiastic little friend, who couldn't help feeling rather proud of her triumph, and wondered to myself then, and many times since, that so many careful mothers with a dislike for anything like uncleanliness in connection with their little ones, should so often neglect to teach them this habit. I asked my friend how long it took her to teach her baby. She consulted a self-contrived record and found that the lesson was nearly perfect at the end of three weeks, and completely so at the end of two weeks more; "but," she added, with a sigh, "it wouldn't have taken me nearly so long if I had had the co-operation of my family."

The foregoing narrative is, as far as my experience and observations have shown me, a faithful chronicle of the plan to be followed; but, obviously, it would be subject to variations depending on the age of the child, its conditions of health, etc.; but I have yet to learn of the failure of the plan, where it has been perseveringly tried.

The results of this habit, once learned, are so plainly in the direction of the comfort and health of the child and mother that they scarcely need enumeration. The bungling masses of cloth, tightly pinned about the baby's limbs, which are said to be one of the most potent causes of bowed legs, may be dispensed with, and only sufficient covering provided for warmth. The rubber abominations which are frequently resorted to, to prevent the child from complete drenching, may be abandoned. Emphatically one of the best things to be said of the result is the riddance of one of the worst elements in Baby's care, *i. e.*, the washing of the diapers. In my own experience I have found the use of three, weekly, to be amply sufficient; one for

day wear, one for use at night, and one to use in case either of the others became too badly soiled from contact with the floor. Obviously, when the baby begins to creep, the number used would depend upon the child's individual proneness to soil its clothes in general.—*Mrs. Charles Newton Hood, Medina, N. Y.*

A Word of Caution.

—There were a number of stylish ladies seated out on the porch, at the shady side of the seashore cottage, chatting over their fancy work.

"Dear me," cried one of them laughingly, "if I see that my children's clothes are made right, and that they clean their teeth at the proper times, it is all that I can do. Their moral training must look out for itself; I can't undertake any more!"

Very few women, I think, would make a speech like that, but whether its principle is as seldom acted upon, I very much doubt. How often have I seen mothers struggling with all their might, and growing haggard and hollow-cheeked under the strain, to provide food and raiment for their households! I have wondered how they could do so much; I have wondered how they could do it with such patience and kindness, bearing so resignedly with the noisy, untidy children and fretful baby, and irksome daily tasks. And most of all, I have wondered how they could be so oblivious of all the higher interests of the family so insensible to the fact of there being anything better in life than living.

And even in religious families, is it so different from this? Once in the week, on Sunday, and at other stated periods, the children are told to set their affections on things above, while during the many other long hours they are receiving constant object lessons which show pretty plainly that things below claim a large share of their teacher's affections. They are quick to see that a broken vase calls forth a sharper rebuke than a broken commandment, and that a stain on their best frock creates more anxiety than a stain on their consciences. Is it strange that they follow practice more than theory?

And then the jesting that children hear and wonder at! When the minister is invited to tea, with several of the pillars of the church, and the dining table lengthens to its most august proportions, and Jack is allowed to sit at his mother's elbow, as his bright eyes move from one face to another, what does he think of it all? When he hears the most holy things treated lightly, bandied about as a joke, does it make him more reverent of God? And the many bits of gossip, so witty and telling and heartless, that would be keenest humiliation to the neighbor or friend of whom they are told, do they make him more reverent of man?

It is not only the family secrets we should be careful of when "little pitchers" are about. We ought to guard against calling good evil, and evil good; we do it oftener than we think; we do it, for instance, when we sigh after the luxuries of Dives, and take no account of the exceeding riches of Lazarus.

Lastly, give the boys and girls good motives. A young lady who had been spending the winter with relatives said of the only son of the family: "While I was there I tried to get Jack to do things because they were right, or not to do them because they were wrong. He had been argued with and coaxed by every other reason; this was new to him."—*Sally Campbell.*

A Conundrum and its Answer.

—My next-door neighbor's little girl has just had the measles. I am very loth to have my little four-year-old girl take the disease, and wish to take all possible precautions against an invasion of the enemy. I was inwardly congratulating myself because we had been "passed over," and my little Ruth would not be obliged to lie shut up in a darkened room, when she so delights in these bright summer days, and enjoys the outdoor play.

As Kitty became convalescent, she would stand at the window and tap against the pane, like a little bird longing for its freedom. She was tired of close, dark rooms; she was weary of confinement; she was hungry for companionship, being the only child in the family. In a few days, on every opportunity that offered, she would call to Ruth, asking if

she might come over and play. Of course, I would not sanction a visit, under the circumstances, although I felt sorry for her in her loneliness. Finally, the doctor said she was well, and gave his permission or sanction for her attendance at a little party, to which she went.

Notwithstanding the declaration of the physician that all danger of contagion was past, I still held aloof and would not let Ruth go to visit and play with her Kitty, for, with all respect to the medical authorities, I yet think their judgment may be sometimes at fault, or as fallible as the "old house-wife" whom they so often ridicule. Now here is a dilemma. *Kitty comes here.* What am I to do? Her mother and I, of course, are on friendly terms. The doctor says there is no danger, and the mother has no compunctions of conscience about Kitty's visit. I do not dare to send her home, and yet I am inwardly wrought up because of her intrusion. She wears the same dress she had on when she first "came down" with the measles; she was unwilling to go to bed the first few days of her sickness, and was held in her mother's arms, with her clothes on. The "infectious miasm" may be carried in the clothes. What assurance have I that there is none present in the clothes she has on, even though the danger is pronounced passed? Who can tell with absolute certainty how long the microscopic spores, germs, miasm, or whatever name is given to the contagious matter, may be lodged in the clothing of patients recovering from contagious diseases?

Kitty's eyes are still red and swollen; the catarrh which often accompanies measles is persistent, and it alone renders her presence disagreeable. She and Ruth dress their dolls together, their little heads sometimes meeting, in their earnest consultations about dolly's hat or sash or jacket; they sit together and look at pictures from the same book. I flinch when I hear her cough almost in Ruth's face. Then to "cap the climax," after spending the forenoon here, she inquires if Ruth may spend the afternoon with her. I answer no, she cannot go for some time yet. Kitty says quickly, in reply, "you're afraid Ruth will get the measles, that's the reason you won't let her come." This leads me to think that the matter has been discussed in the family. They evidently deem me needlessly careful and foolish, especially when it is "nothing but the measles!"

An ounce of prevention is worth a pound of cure at any and all times—an extreme precaution is preferable to any needless risk. Sickness should not be invited into the household, but are we not sometimes powerless to bar its entrance because of the disregard of some mothers for the feelings of others? My neighbor, for instance, thought only of her own child; how tired she was remaining indoors; how anxious she was to have companionship, and without pausing to consider whether she would be welcome, allowed her to come and remain the entire forenoon, and added her entreaties to Kitty's, for Ruth to come over in the afternoon.

It seems to me that mothers everywhere should be more careful, more thoughtful and considerate for the feelings of others, in this respect. When their children have recovered from a contagious disease, they should not allow them to visit their little friends until they have been assured that their visits will not be a source of dread and perhaps of danger. Mothers should have it impressed upon them that their children may not be welcome, when there is a shadow of possibility of their being harbingers of disease. And even though the quarantine may be over, in the opinion of the family and of the physician, there are mothers who may wish to still "bide a wee," to keep aloof. Their wishes and feelings in the matter should be respected, and, I repeat, children should not visit their friends upon recovering from a contagious disease unless assured of a welcome; and the assurance, too, must come unsought.—*S. V. K., Columbus, O.*

Holidays for Mother and Children.

—Within the past year I have adopted the habit of breaking the everyday routine with an occasional holiday. As soon as the necessary morning

work can be done we start off—five lassies and laddies, ranging in age from a year and a half to nine and a half.

A short walk of about a quarter of a mile takes us to a meadow through which runs a creek, both banks shaded by large willow trees. It is a beautiful stream with beams of sunshine straying down through the overhanging branches and touching its waters with patches of light. A shout of delight from the children signals our approach to this fairy-like retreat. The fence is climbed, baskets and baby carriage are lifted over, and we are ready for five or six hours of enjoyment. I spread a heavy shawl and dark blanket on the grass near the creek and dispose of our baskets, etc., near by.

Then there is a scattering of small feet. At one end of the meadow is a tree, charming to the children from the easy accessibility of its lower branches. One stout branch serves for a horse for Carl and Gladys, while Guy and Ralph climb to higher perches, and Baby amuses herself on the ground, picking up little twigs, etc. When they tire, for a time, of this amusement, slender branches are broken from the tree and used as fishing poles; they give much happiness, although no fish ever bite.

Soon there is a call for dinner, and we adjourn to our resting place. How that dinner is enjoyed, simple and healthful though it is! Plenty of bread and butter, made into sandwiches with slices of roast beef, some hard-boiled eggs, and a few molasses cakes or dainty wafers. It is merrily chatted over and soon disappears. I take a glass canning-jar along, and two or three times during our stay a couple of the children are dispatched to a neighboring farm to fill it with cold water.

After dinner they again disperse to games or a ramble among the trees, while Baby Doris and I take a rest, a couple of small pillows having been brought in her carriage for this time. Her milk is kept sweet in another glass jar, which is set in the water at the edge of the creek until needed. An hour or so after dinner comes the treat of the day—a wade in the creek. I bring old, short pants for the boys to slip on, and always some emergency garments in case of an unexpected wetting. The older boys each find a stick, and for an hour have solid enjoyment. Worn-out shoes are a comfort, protecting their feet from the stones. If papa can spend an hour or two with us in the afternoon, the children's pleasure is greatly enhanced, especially that of the younger ones, for then they, too, can wade, holding his hand. Even Baby has her turn in his arms, looking with wondering eyes at the water.

Next comes a resting time. Sitting or lying down near me, the merry-makers are glad to listen to a story. Sometimes I read, sometimes tell them one. A few simple facts from natural history, told in an interesting way, fit in well with the surroundings.

Afterward comes another merry playtime before we start for home. I feel that I, as well as the children, have gained much from our day out of doors, although there is some work connected with it. The sweet influence of air and sunshine, the soft music of the water, gurgling over its stony bed, have an indescribable effect at the time, and leave pleasant memory pictures not easily effaced. I like to have the holiday come as often as every other week when circumstances permit. If any mother thinks as I used to, that she has no time for such a break in her work, let her try it, both for her own and her children's sake, and I am sure she will feel amply repaid. The summer and pleasant fall weather fly quickly by; let us put as many bright spots in them as we can to think of during the winter, and to make the approach of another spring one to be looked forward to with great pleasure.—*A. B. C., Lancaster Co., Pa.*

CURRENT TOPICS.

Medical Misinformation.

THE kind-hearted busybody who is always ready to tell his sick friend exactly the right medicine to effect a sure cure, is a bad enough person; but the newspaper prescriber is a great deal worse, for his utterances acquire a certain fictitious authority in the eyes of many people because they appear "in the paper." Some dangerous outbreaks of this kind of prescribing have lately occurred in several English journals. In one, a "cure for vertigo" was given in which "glonoin" was directed as an ingredient. This article is much better known to the public by its chemical name, nitro-glycerin, and the quantity of the "cure" directed to be taken at one time, would give the patient a 2¼ grain dose of this violent remedy. In another paper a prescription for "pains in the head" was given, in the taking of which the unfortunate patient would be dosed with one-sixth of an ounce of nux vomica tincture, three times a day. Still another recipe in the same paper orders as a "hair tonic" a 7-ounce mixture, containing 1 ounce of strong ammonia water, and 2 ounces of tincture of cantharides.

The same style of medical tinkering may not infrequently be observed also in newspapers printed on this side of the water; although it is perhaps uncommon to find such dangerous ignorance displayed as has been recorded above. We have in mind a note on the treatment of insomnia, in which a mixture of chloral hydrate, potassium bromide and codeine was directed in pretty stiff doses, on the authority of a foreign physician who "highly recommended" it. The use of such a prescription under the direct supervision of a medical man and its employment by an unskilled layman might, of course, easily make the difference between life and death, or between temporary help and the most wretched slavery.

People have a great deal too much half-knowledge about drugs already, and the less attention they pay to newspaper prescribing the better. Here, as in the regular kind, the pharmacist is bound to stand between the patient and danger. When a customer comes to him with a nitro-glycerin recipe, or a blistering hair tonic, he must promptly warn him of the true state of affairs, and, by his watchfulness, much damage can be averted and the cause of education be a little helped.—*Exchange.*

Mud Pies versus Children's Lunch Parties.

ONE of the curious things that would strike a visitor to New York, is the spotless appearance and dignified behavior of the little ones walking out with their nurses. Have they ever, we wonder, among other things, experienced the delights of making mud pies? Even in Boston and some of the larger cities, there are backyards where the children are rather surreptitiously allowed to make cakes and puddings out of mother earth. But in New York, where are the backyards that will admit of this pleasure, and where is the mother or nurse, nowadays, who will allow the babies to experience the delights of their own childhood? In some country town, perhaps, they once gave parties every day of their lives, with a bill of fare composed entirely of sand, water and grass; with pepper-grass and sorrel as condiments, and mud balls for potatoes. Mud for everything—for pies, puddings and cakes! and where there were loads and loads of happiness.

No! The making of mud pies is fast becoming a lost art. Instead, little Miss and Master are arrayed in their finest garments and are whisked off in a carriage to some drawing-room, where a score of children are assembled. They are then entertained with a Punch and Judy show; magic pictures; or some child of the stage, it may be, dances for them. After that, they are called to the dining-room and seated at an elaborately spread table, where there are cakes and bonbons, and everything to eat that a child could possibly wish for. They seem perfectly happy; but how

we wish we might take them all to a sand-bank we know, a little way out of the city.

In long calico aprons, with iron spoons and broken bits of crockery, they could prepare and serve a feast, which, although not satisfying the cravings of hunger, would compensate for the number of long hours a day when they "must keep their clothes clean."—*Belle Stone, in "Food."*

Teaching Boys to Sew on Buttons.

"IN the future there are two or three women who are going to rise up and call me blessed," remarked the mother of three boys.

"Two or three special ones do you mean?"

"Yes, indeed, I mean just that. I have no ambition to be a benefactor to the general public. And I don't know, by-the-way, that I have any special kindly feeling to the two or three women I spoke of. It isn't for the sake of my affection toward them I'm earning their blessing now."

"Well, for gracious goodness! how are you earning it?"

"Why, I'm training my three sons to sew on their own buttons! They are beginning to do it of their own accord. They don't follow me about the house now, with a coat in one hand and a button in the other. They go and get a needle and thread, and sew the button on. They've found out it saves time and strength and words."

"It seems cruel to make boys sew on their own buttons."

"Cruel? It's kind! Those boys won't always have me to sew on buttons for them. They would be badly off indeed if they had to do it some time, and didn't know how. It's right they should learn to do such things for themselves. A boy should be taught to make his own bed, put away his own clothing, and sweep and dust his room occasionally, and not always expect an overworked mother or younger sister to do such work for him. I think a boy ought not to be entirely ignorant even of cooking. It might be a great advantage to him some time to be able to make a good cup of coffee, broil a chop, or cook potatoes. Some people profess to think that such knowledge comes by nature; but I believe it's oftener the case that, if not learned early, it has to be bought of bitter experience, and we all know experience is a high-priced teacher to employ."

"Then it's for the boys' own sake, after all, and not for the sake of their future wives, that you let them sew on their own buttons?"

"Why, of course! But sometimes I do think how deliciously some girl will be surprised. When one of those boys finds a button off his shirt, he won't stand and declare there hasn't been one on in that place for at least six months. He will know better. He will only say, meekly: 'How careless I am! My dear, will you kindly hand me my little button-box out of the front right-hand corner of the second drawer? I must sew this button before I can put on the garment.'"—*Harper's Bazar.*

Learning to Walk.

PEOPLE sometimes ask at what age can we seat a child in a chair; when put him on his legs; how old must he be before we teach him to walk? The answers are easy: He must not be made to sit till he has spontaneously sat up in his bed and has been able to hold his seat. This sometimes happens in the sixth or seventh month, sometimes later. The sitting position is not without danger, even when he takes it himself; imposed prematurely upon him, it tires the backbone and may interfere with the growth, so the child should never be taught to stand or to walk. That is his affair, not ours. Place him on a carpet in a healthy room or in the open air, and let him play in freedom, roll, try to go ahead or go backward, which he will do more successfully at first; it all gradually strengthens and hardens him. Some day he will manage to get upon his feet, and then to raise himself up against the chairs.

He thus learns to do all he can as fast as he can, and no more. But, they say, he will be longer in learning to walk if he is left to go on his knees or his hands and feet indefinitely. What difference does it make if, exploring the world in this way, he becomes acquainted with things, learning to estimate distances,

strengthens his legs and back, prepares himself, in short, to walk better when he gets to walking? The important thing is, not whether he walks now or then, but that he learn to guide himself, help himself, and to have confidence in himself. I hold, without exaggeration, that education of the character is going on at the same time with training in locomotion, and that the way one learns to walk is not without moral importance.— *Popular Science Monthly.*

Funds Wanted for a "Children's Home" at the Columbus Exposition.

No plan having been made by the Board of Directors for a Children's Building, and no funds having been appropriated for this purpose, the Board of Lady Managers has issued a circular stating that the Board wishes to build and equip a beautiful structure which shall be devoted to children and their interests. A desirable location has been granted adjoining the Woman's Building on which to build the Children's Home, but only on the condition that the necessary funds for erecting it be provided within sixty days.

In many cases it will be impossible for mothers to visit the World's Fair without taking their children, and in so doing they will wish the little ones, as well as themselves, to take the fullest advantage of the educational facilities there offered. With these ends in view, the Children's Home has been designed, which will give to mothers the freedom of the exposition while the children themselves are enjoying the best of care and attention. Although the world has known many large expositions at various times in its history, in none of these have the interests of children received the full representation they have deserved. Such great progress having been made during the present century in the method of educating, amusing, and caring for the physical well-being of the coming men and women, it seems desirable that an illustration of the best methods should be so grouped that they may be easily assimilated by, and made useful to, the vast number of people who will visit the exposition.

In the Children's Home will be presented the best thought on sanitation, diet, education, and amusements for children. A series of manikins will be so dressed as to represent the manner of clothing infants in the different countries of the world, and a demonstration will be made of the most healthful, comfortable, and rational system of dressing and caring for children according to modern scientific theories, while their sleeping accommodations and everything touching their physical interests, will be discussed. Lectures will also be given upon the development of the child's mental and moral nature by improved methods of home training.

Kindergarten teachers will supervise the amusements of those children who are unused to kindergarten training, They welcome this opportunity of showing that their theories are so practical and have made them so familiar with child life in all its phases that they can make these little ones perfectly happy and give them instruction which is none the less valuable because received unconsciously and without the coercion of the ordinary class-room.

One of the numerous associations interested in such work will probably conduct a créché where young children can be left in the care of experienced nurses, who will provide for all their wants while their mothers are visiting the various departments of the exposition.

On the ground floor of the building there will be a large square court which will serve as a playground for the children. Model toys, the inventions of mechanics and scientists, will also be furnished. In the center of the court it is intended to have a fountain, the wide shallow basin of which will be filled with fish and afford a place for the sailing of toy boats. The building is to be two stories in height, and the flat roof will probably form another playground. One room will be furnished as a library and reading-room, and here will be found all the children's periodicals, as well as the best books written for them, with portraits of their authors. Various other features of the plan are described in the circular.

Donations to the Children's Home will be accepted from any source, and it is hoped that the young ladies in every community will feel that it appeals especially to them and will assist the Board of Lady Managers in raising at once the sum which must be assured before the building is commenced. It is desired, also, that every child in America should feel a personal proprietorship in this building, and for that reason the Board would like to have a portion of the money for carrying out its plans contributed by the children themselves. Any child, or club of children, sending one dollar will receive a printed certificate of acknowledgment. The Board trusts that its request will meet with a ready response from mothers, educators, and all those who love children. Owing to the limited time allowed for raising the required amount, it is imperative that all donations should be sent in before the 15th of September. Checks should be made payable to Mrs. George L. Dunlap, 328 Dearborn avenue, Chicago, who will give all desired information.

Infections from Kissing Animals.

THE disgusting and dangerous fondling and kissing of beasts cannot be effectually opposed, perhaps, on the whole; but some persons may be benefited by the repetition of warnings against the numerous infections which that practice is liable to incur; such as hydatids from dogs, diphtheria from cats and pigeons, and from cats the obstinate and loathsome diseases of ringworm and favus. Dr. Leviseur suggests this warning in the *Medical Record* from having had occasion repeatedly to trace individual cases, as well as small epidemics, of both ringworm and favus to their source in the endearment of cats. He gives two recent cases, with particulars of both cat and child. Favus, he states, is a disease peculiar to mice, from which the cat gets it.—*American Analyst.*

Excesses.

INTEMPERATE eating and drinking are not the only intemperate habits that seem to be part of our social fabric. There is an incalculable waste of feeling, of emotion, and will; and the power lost in these various channels of life tells the whole story, if we would trace it back, of the undirected or misdirected energy at the outset. A child whose habits of eating, of sleeping, of dressing, and of talking are controlled by the real needs of life, and regulated with taste and discretion, will never need the good offices of a temperance society nor legislation to save him from ruin. His salvation was a foregone conclusion, because all the possibilities of his life were led in orderly activity to the threshold of his conscious personality.

What we most need is to be saved from ourselves, or better to express the same thing, to be lifted into our best selves by adjusting the emotions, appetites, and tendencies when they are plastic and can be moulded.—*Mrs. A. R. Aldrich, in Harper's Bazar.*

A Born Tease.

WE were sitting in the nursery, my friend with the baby on her lap, and her daughter absorbed in not less real motherly care for the doll she was softly rocking in its cradle. The door opened and a handsome little fellow of six years came into the room, and, with a courtesy that showed his training, stood quietly waiting to claim his mother's attention for some childish request. I was not too much occupied, however, to notice his foot put slyly out to give the cradle a perilous lurch, that brought a cry of alarm from the little maiden as she caught her dolly and began patting and smoothing her.

"Robbie," said his mother, turning toward him, "why do you bother May so? What is it you want?"

The boy made known his request and presently started to leave the room, but caught his sister's doll as he passed, carrying her by one foot to the door and tossing her back to the agonized little mother.

"Robbie!" said the mother again. "I declare that boy is a born tease. He is very fond of May, and as generous as he can be, but he does love to tease her. Boys are cruel animals till they outgrow it."

The mother turned complacently to the soft little creature in her lap and said, as she stroked the round cheek: "I guess we must give baby to Mrs. M——. She has no baby and this one is so much trouble."

Instantly the doll was laid down and May was on her mother's knee with one arm thrown protectingly across the baby, while an anxious face was turned toward me.

"Yes," said the mother, "she cries so much and she can't walk or talk, and we don't want her anyway."

The mother made a motion as if to hand me the baby, and the child burst into a perfect tumult of sobs that were not easily checked by the mother's declaration that she was only in fun, and my assurance that I would on no account take away the little sister that God had sent for her very own. But as I went away I thought about that "born tease," and the generation of his brothers and sisters, and remembered the old colored woman's comment: "'Taint so much cuttin' out as makin' up that spiles folks."

How many times do we see a similar farce enacted for the sake of drawing from another child a protest that arises from real distress and fear, and in what a multitude of ways are children harassed, annoyed and mortified for the amusement of older people? Is it any wonder that they soon learn to put their lessons in practice? I have seen a husband subject his wife to moments of agonized terror by insisting upon tossing the baby into the air, or balancing it upon his hand, his pleasure in his own feat apparently unmarred by the mother's suffering, and I have wondered if he were a "born tease" and had in some way failed to outgrow it, or whether it was only that mistaken training had developed a cruel delight in the power of torture in place of the spirit of chivalry. Cruelty is not a thing to be outgrown, but a thing to be fought and shamed down and driven out by the spirit of love and gentleness. A mother cannot too early or too earnestly impress upon her children that only cruelty can find any enjoyment in whatever gives pain to another.

It is no more a boy's nature to torment cats and tease girls than it is to do anything else that is unmanly and contemptible, and the training that recognizes such things as natural features of masculinity is sowing seed for a bitter harvest. Gentleness to all helpless creatures should be so taught that the whole manly nature of the boy will revolt at inflicting suffering upon them, and his chivalry to woman have a deeper foundation than the customs of society which may by and by temper his public exhibitions of rudeness and contempt.

The "born tease" is a terror in many a family, and he is the father of the selfish, tyrannical man, but he is often more sinned against than sinning, and I want in his behalf to enter my protest against all teasing of children by grown people as among the "sports that kill."—*Emily Huntington Miller, in The Congregationalist.*

Do Babies Suffer Pain?

MOTHERS, maiden aunts and grandmothers are considerately warned not to read this article, for it suggests to men, mainly bachelors, a loophole of escape from the tyranny of babies. At times, a crisis is suddenly sprung upon an innocent bachelor when some unforeseen chance places a baby in his hands, and he is brought face to face with the crucial question: What shall he do with it? Too tight a pressure might fracture a rib or two, and with too light a touch the baby might wriggle through his fingers and involve him in consequences too alarming to contemplate. He dare not hold it by the arm, for he suspects the limb may leave its socket, and he is very uncertain how far the limbs extend beneath the roll of white linen. If he were satisfied that the little wretch did not suffer pain, he might tie it to the leg of the table, place it in the empty firegrate, hang it on a hat-peg, or otherwise dispose of his responsibility. The question clamors for ventilation, and would provide debating societies with pleasing relief from the relative merits of Hannibal and Cæsar, Wellington and Napoleon.

We are confident that there is a large margin for philosophic doubt whether babies

do suffer pain. Even the advocates of the pain theory search high and low, in and out the screaming baby, to discover the locality of the supposed pain, and the result is eminently uncertain; the final method of pacification has no connection with the conjectured pain, and almost entirely consists in distracting the attention. But this is equally compatible with the theory of crying for fun and ceasing at the prospect of greater fun.

Crying and pain are so associated in the popular mind, that it requires an effort to disconnect them; but if a mistaken sympathy should be philosophically repressed, and the situation regarded with calm reason, it would make a revolution in babydom. Instead of anxiously pacing to and fro with a screaming child, and doing all she knows to stop the clatter, a philosophic nurse would quietly place the baby on a sofa to enjoy its screaming until some other whim seized it. It would be a great relief to be able to listen with equanimity to the woes of the baby, to hear its squalling without responsibility, to be be freed from administering most trying sympathy, and to escape the hopeless task of pacification. It would place baby life in a more cheery aspect. We should recognize a screaming baby as a baby of resource—that it varied its pleasures and enjoyments; that it preferred muscular exercise to indolent rest; in fine, that it was a baby of spirit. In time, the screams would become as interesting as the crows, manifesting more facial expression, vocal powers and soundness of lung. In the end we might even encourage the baby to cry in order to promote health and sturdiness. Thus, half the annoyance, the worry and the tyranny of babies would disappear. —*London Tablet.*

Make the Meal Time Pleasant.

CHILDREN should be kept happy at their meals. Do not find fault or scold them at the table; do all the fault-finding before or after meals; it will do much more good than if you spoiled their breakfast or dinner by scolding or by punishment while in the dining room.

The kindergartens or day nurseries are doing a world of good in making children and parents happier in their homes. I wish there could be more free institutions of this kind, for they really help the children of the poor in their homes much more than they do the children of the rich. A friend has just told me of a case where a poor mother went to one of the teachers of a free kindergarten in Boston, saying to her, "Why do you take all this time and trouble with the children? Why don't you thrash them to make 'em mind? That's what they are used to." "Oh," replied the teacher, "that is not our way; everything is done here by firmness and gentleness."

A short time after, that same mother returned to the school and told the teacher she had tried her plan at home and she continued: "I see you were right and I was wrong; I never thrash my children now, and they behave just beautiful."

Another story is told of a poor hard-working father who was always silent and very disagreeable in his home, especially at meal times, never speaking if he could help it, and not wishing to be spoken to by any one. His little girl of two years went to a day nursery, where, at meal times, the children are taught to repeat pretty verses or sing little songs, thus making the meal a sort of entertainment.

In a short time this little daughter had actually taught her silent father to be bright and agreeable, much to the joy of the whole household. Just think what good influence such a child can have in its home, if it only has proper training from a teacher with a kind, loving heart.—*Exchange.*

THE

Mother's Nursery Guide.

BABYHOOD

VOL. VIII. OCTOBER, 1892. No. 95.

A FEW WORDS ABOUT CHOLERA.

BY LEROY M. YALE, M.D.

THE outbreak of cholera in Russia which has reached Western Europe, gives us thought and may even justly give us uneasiness, although the distance, the approach of cooler weather and the vigilance of quarantine officers may exclude it from real entrance into our country for the present season at least.

In one sense cholera is not a disease that is of especial interest to the nursery, inasmuch as children are much less frequently affected than adults. Nevertheless, they do have the disease, and, further, a severity has been sometimes noticed in the type of prevailing infantile diarrhœal disorders during the time of cholera epidemics which may very well have been occasioned by the influence of the choleraic poison. Such seemed to the writer to be the case in 1866 on Blackwell's Island, where an Infants' Asylum then was connected with the Almshouse, in which cholera was prevailing, as well as in the Workhouse not far away.

Cholera is one of the diseases due to a special poison. This poison is supposed to have been identified by Dr. Koch, who took advantage of the outbreak of cholera in Southern Europe, a few years since, to search for the specific microbe. But long before any such biological research had been made it was evident that the disease had a portable poison, inasmuch as its advance from the Indian peninsula, where it is native, had the same speed as that of the ordinary modes of travel. In the earlier part of this century English physicians, familiar with East Indian customs, were able to predict the time of an outbreak of cholera in Europe, as they knew the time of certain religious pilgrimages in India, the indescribable filth attending the aggregation of enormous multitudes without the least sanitary provision, and also the time required for travel overland through Asia and Eastern Europe. As communication has been improved, the dissemination of the disease has been hastened.

The symptoms of cholera are, in brief, a preliminary diarrhœa (of which we shall speak especially presently), followed by a severe attack of vomiting and purging not unlike an exaggerated attack of ordinary English cholera, or cholera morbus, which is attended with severe cramps and profuse, colorless, watery discharges called "rice water" discharges, and soon with the cold, or algid, stage and collapse. It is unnecessary to describe these latter stages; they present a hideous spectacle. When collapse has been reached, the odds are against the patient; but the beginning of the disease is very amenable to treatment, and in this early stage it is believed that at least 95 per cent. of cases can be saved.

The treatment of cholera is quite outside of domestic practice, but very much can be done to prevent it by domestic vigilance; and the same agency is most efficient by bringing to treatment cases at the very beginning. As has been said, the preliminary diarrhœa is very tractable, while the later symptoms are very intractable. In past epidemics health officers have labored assiduously to persuade people not to neglect the early symptoms. But for some reason, perhaps because of the painless nature of this early diarrhœa or for

fear of being considered ill of cholera, it is constantly neglected or its existence even denied when the sanitary visitor has offered remedies. A singular fatuity often attends it, and the writer can recall more than one medical man engaged in preventing or treating cholera who ignored his own diarrhœa until too late. Perhaps a personal experience may illustrate this importance of treating this early diarrhœa. In the epidemic of 1866, previously alluded to, the greatest severity of the epidemic was felt on Blackwell's Island at the workhouse, and notably on the women's side of the house. It spread rapidly, and at the height of the outbreak upwards of thirty new cases occurred in twenty-four hours. The sanitary arrangements were bad and it was found that, to avoid work and to gossip, the female inmates would congregate under pretence of necessity in the room in which the removable closet arrangements were placed. The usual difficulty of reaching cases early had been experienced. As soon as this closet-room was locked, an out-door closet used, and a guard set so that any person coming with undue frequency could be arrested and placed under care, the epidemic ceased as if by magic.

It is wise for every householder to have in the house an approved remedy for diarrhœa, preferably one prescribed by the physician most familiar with the peculiarities of its members. But under no circumstances, if medical advice can be had, should one attempt to get on without it. Upon the first symptoms the patient should take the remedy, lie down and send for a physician. We presume that none would attempt to dispense with medical aid after the severer purging and vomiting have occurred, and we shall give no suggestions as to their treatment. If collapse comes on before the physician arrives, the by-standers should endeavor to keep up the warmth of the patient by the use of hot-water bags, hot bottles, or bags of hot salt or sand, and warm, but not burdensome clothing. As the skin is cold and often drenched with moisture, care should be taken that the patient be not unconsciously burned.

But, as we have said, domestic vigilance may be wisely exerted in preventing the accumulation of every kind of filth, and, above all in, the proper care and disinfection of all evacuations. Not only do choleraic discharges spread the disease at the time, but doubtless they are the cause, through the medium of saturated earth, soiled garments, and other articles, of rewakening the disease in the following season, as in the past usually has been seen. Let every attention to detail of cleanliness be paid; let water closets and vaults be systematically disinfected; let chamber vessels be rigidly cleansed with boiling water, and if cholera is known to be actually present in the neighborhood, use disinfectants freely. Carbolic acid, copperas, and some of the chlorides are inexpensive enough to be used freely. For special purposes, corrosive sublimate may be used. Fire will purify everything, and if any case of cholera actually occurs, all things that have been soiled by it would better be so purified, even if they be destroyed in the process. It should be borne in mind that, as with other infectious diseases, the mildest case may propagate the pestilence; and during the prevalence of a cholera epidemic all diarrhœal discharges should be disinfected.

In another way domestic effort is efficient, *i. e.*, by stimulating your neighbors to do likewise, and by coöperation each can do his work more completely. Still further, by such coöperation, if you live in towns, where the greatest danger exists, you can bring such pressure of public sentiment to bear upon Boards of Health, that their work will be done more zealously and effectively. In New York City, in 1866, much good was accomplished by the employment of men as workers who had recently served in the war. Their habit of obeying orders led them to carry out most thoroughly the order received, and the disease was "stamped out" promptly and completely.

A circular just prepared by the Health Department of New York City expresses the necessary duties so forcibly by the use of the negative forms, that we cannot do better than to append it instead of making detailed suggestions of our own. We would especially point out that the comparative exemption of

little children is probably due to the fact that their food is usually sterile, either by nature (as breast milk) or by cooking.

Prevention of Cholera Easier than Cure.

Healthy persons "catch" cholera by taking into their systems through the mouth, as in their food or drink, or from their hands, knives, forks, plates, tumblers, clothing, etc., the germs of the disease which are always present in the discharges from the stomach and bowels of those sick with cholera.

Thorough cooking destroys the cholera germs; therefore:

Don't eat raw, uncooked articles of any kind, not even milk.

Don't eat or drink to excess. Use plain, wholesome, digestible food, as indigestion and diarrhœa favor an attack of cholera.

Don't drink unboiled water.

Don't eat or drink articles unless they have been thoroughly and recently cooked or boiled, and the more recent and hotter they are, the safer.

Don't employ utensils in eating or drinking unless they have been recently put in boiling water; the more recent, the safer.

Don't eat or handle food or drink with unwashed hands, or receive it from the unwashed hands of others.

Don't use the hands for any purpose when soiled with cholera discharges; thoroughly cleanse them at once.

Personal cleanliness, and cleanliness of the living and sleeping rooms and their contents, and thorough ventilation, should be rigidly enforced. Foul water-closets, sinks, croton faucets, cellars, etc., should be avoided, and when present should be referred to the Health Board at once, and remedied.

Precautionary Measures of Treatment.

The successful treatment and the prevention of the spread of this disease demand that its earliest manifestations be promptly recognized and treated; therefore:

Don't doctor yourself for bowel complaint, but go to bed and send for the nearest physician at once. Send for your family physician; send to a dispensary or hospital; send to the Health Department; send to the nearest police station for medical aid.

Don't wait, but send at once.

If taken ill in the street, seek the nearest drug store, dispensary, hospital or police station, and demand prompt medical attention.

Don't permit vomit or diarrhœal discharges to come in contact with food, drink or clothing. These discharges should be received in proper vessels, and kept covered until removed under competent directions. Pour boiling water on them, put a strong solution of carbolic acid in them (not less than one part of acid to twenty of hot soapsuds or water).

Don't wear, handle or use any articles of clothing or furniture that are soiled with cholera discharges. Pour boiling water on them or put them into it, and scrub them with the carbolic acid solution mentioned above, and promptly request the Health Board to remove them.

Don't be frightened, but do be cautious; and avoid excesses and unnecessary exposures of every kind.

THE USE OF MEAT IN CHILDHOOD.

BY WM. H. FLINT, M.D.,

Visiting Physician to the Presbyterian Hospital, New York City.

WHEN shall we begin to give our children solid food, and when shall we commence to give them meats? Mother Nature has kindly answered the former question for us, and the opinion of those most competent to interpret her reply is epitomized in the following sentences from an article in this magazine for August, 1889, by Dr. Baruch: "The teeth are the unerring guide—follow Nature's guide alone. Until the child has four molar teeth, let him have naught but liquid or liquified food."

Even a moderate amount of philosophical acumen will enable us to understand the justice of this dictum. So long as there are no teeth, or only cutting teeth, whose function is confined to biting, milk alone is the proper food. By the arrival of the grinding teeth, or molars, Nature intimates that her wonderful laboratory is ready for the reception and transformation of foods requiring mastication, and invites us to their employment. Her answer to the second question, When shall we give children meats? is somewhat am-

biguous and must be sought in the results of individual experience. It is, however, true that we may, within certain limits, apply the same anatomical method to the solution of this problem which we find so useful in deciding when to begin the use of solid foods in general. In carnivorous animals the canine or eye teeth are largely developed, and are evidently intended for the laceration of cohesive animal tissues. Now, the first set of human canine teeth generally appears later than any other of the so-called milk teeth, except the second molars, and so we are justified in the conclusion that meats may best be withheld until these canine teeth appear or even until the first dental set is complete.

Physiological chemistry also aids us in deciding when to begin giving meat. The best authorities in biological matters tell us that the hydrocarbonaceous foods, *i. e.*, starches, sugars and fats, supply muscular force and bodily warmth, while the nitrogenized foods are constructive in character, more particularly promoting the growth, development and regeneration of the tissues. This view is forcibly and happily presented in THE MOTHER'S NURSERY GUIDE for July, 1892, by Dr. J. Madison Taylor, who there says: "The nitrogenized foods are those which are demanded in structure building; in short, from which the bodily parts are steadily built up, and, hence, are more needed in early life. The hydrocarbons are more evanescent in their action, and act rather as the fuel analogous to the coal in the railway engine, the consumption of which generates force and drives the machinery."

It is therefore plainly our duty to see that our children are provided with such nutritive materials as will furnish them with the most complete and symmetrical physical development possible; for, if the right foods are not furnished, the body will be dwarfed and stunted, even if it escape positive disease, and no later efforts can make good the loss of these constructive materials during the critical period of growth and development. The demand for tissue-building aliments must be met by the administration of foods rich in nitrogen, and meat is the typical food of this class. All theoretical considerations, therefore, favor the use of meat in conjunction with other nitrogenized foods, as milk and eggs, so soon as the teeth are adequate to its perfect mastication.

The majority of children above two years of age thrive upon a diet into which meats enter in varying proportion, but, in practice, the only safe rule is to be guided in each case solely by the visible effects of the meat diet. If much milk or many eggs are used, less meat is naturally required, and it is never desirable to furnish more than one representative food of the nitrogenized group at any single meal. Thus, milk and meat, or eggs and meat, should not be given simultaneously, lest the digestive powers be overtaxed. Milk and eggs may, however, be given together in suitable quantities, but even these foods are best administered separately.

Other questions of paramount importance, touching the use of meats by children, relate to the varieties of meats to be employed and to their proper preparation. The best kinds are, in the writer's opinion, cold mutton, mutton chops, venison, tenderloin, sirloin steak, lamb chops, roast beef, rabbit meat and chicken; these meats being here arranged in the order of their apparent relative digestibility. Veal, pork, turkey, goose and duck, should be excluded from the children's bill of fare.

It may be stated, as an axiom of the nursery kitchen, that children should not have meats which are either fried, hashed, stewed or twice cooked. This rule will exclude croquettes and the countless complex dishes elaborated by French professors of the culinary art. Children's meats should be either broiled, roasted, baked or boiled. Mutton should be thoroughly cooked, *i. e.*, until it is no longer red, but never beyond that exact point, and the same remark applies to lamb and to venison. Steak should be broiled rare, the outside being coagulated and browned sufficiently to retain the juices of the meat, and the inside should be red, yet not raw. In order that these conditions may be attained, the steak should be rapidly turned while broiling. In some of our best

appointed *cuisines* meats are broiled beneath the fire, instead of above it. The arrangement for the application of this method is, in outline, the following: On the lower side of small gas pipes, which are arranged in parallel rows, are numerous small apertures from which the gas escapes. When ignited, these numerous gas jets look not unlike a bed of hot coals seen from beneath. The broiling iron is placed beneath the flames, and thus the meat is cooked from above. This method obviates the loss of much meat juice which, even if it exudes from the broiling surface, cannot escape, but is eventually re-absorbed by the fleshy tissues.

Roast beef should be done rare, but chicken thoroughly cooked. Beef juice, mutton broth and chicken soups are also easily borne by children; and in this journal, for September, 1889, page 305, the reader will find a valuable article (one of a series) on "Nursery Cooking," by Dr. Post, which gives lucid and comprehensive directions for the preparation of these edibles, together with judicious remarks concerning the use of various foods in childhood.

Concerning the frequency with which meat may properly be given to children, and regarding the time of day best suited to its administration, opinions differ widely. The writer believes, on the basis of his own experience, that children under five years do best with only one meat meal *per diem*, this being best given in the morning or at noon. After five years, both the breakfast and the mid-day meal may include some meat. An ideal dietetic schedule, however, for most children, would embrace eggs at breakfast, meat at noon, and bread and milk at night, appropriate cereals being supplied with the eggs and the meat.

All meats for children should be carefully cut into little pieces, and children old enough to cut their own meat should be cautioned to make the pieces as small as possible. In addition, children should be instructed to thoroughly chew their meat, as well as all their cereal foods, for although animal food may not require so much mastication as vegetables, to ensure its digestion, it should still be presented to the stomach in the most complete state of disintegration attainable.

SOME OF THE DISEASES CAUSED BY BACTERIA, WITH HINTS FOR THEIR PREVENTION AND AVOIDANCE.

BY WILLIAM B. CANFIELD, M.D., BALTIMORE, MD.

IN a previous paper the attempt was made to show what bacteria were and what they did. It was seen that while many diseases owe their origin to them, it should not be forgotten that some bacteria were of much use in the world. Of the diseases caused by bacteria some are peculiar to infancy and childhood, and some occur in later life as well as at these periods. Of the former it might prove instructive to look at the specific micro-organisms causing them as far as they are known, and see what means can be taken to keep disease away from the helpless part of humanity.

Many mothers know that the mortality among children is much greater in proportion than among adults. Figures have shown, if they may be relied on, that one-half of all children born, die before reaching the fifth year. This mortality is, of course, in propor-

tion to the care and comforts which these infants and children receive; some children die from diseases which could not have been prevented, and a large number die from actual preventable diseases. If we can reduce the number of deaths from these preventable diseases, we do much more good and the chances of success are greater than if we attempt to cure the disease, even with the best medical aid, after it has once developed in the child. Mothers can do much in the way of trying to keep disease from their offspring, and a little knowledge of preventive medicine rightly used should never become "a dangerous thing" in the hands of an intelligent woman.

Human beings vary greatly in their constitution, build and general make-up, and the study of man is not an easy task for the trained student. The study of medicine requires years of hard work at a school, with many more years of work in hospital practice; and even then, with all this experience, physicians have great trouble in treating some difficult diseases, and the intelligent physician always appreciates the fact that no two persons are exactly alike and the same disease often runs a different course in different individuals, according to circumstances. It would, from these facts, seem very absurd for one who had not received this training to attempt to do what the trained physician often only does with the greatest study and observation. Such, however, is not the case. There are few "old women of both sexes" who do not think that their own peculiar remedy will cure a certain disease, and although it occasionally happens that they are right, the risk of experimenting is too great. Such persons should remember that "fools rush in where angels fear to tread," and should be very cautious how they attempt to cope with disease. Mothers should never try to treat disease without the physician's help, and what little information is given here, or what hints are thrown out, are not intended to take the place of the physician's helpful and intelligent care.

Tuberculosis.

Tuberculosis is a disease which causes one-seventh of all the deaths that occur, and if we can do ever so little to prevent this dreaded disease, it is our duty to try to do it. It is familiar to most persons when it occurs in the lungs under the name of consumption. This disease is caused by a bacillus called the tubercle bacillus, or bacillus tuberculosis. It is in the form of a slender rod and was first discovered by Dr. Koch, of Berlin, in 1882, but was suspected long before that time. This bacillus most often gets into the lungs by inhalation and causes consumption. In infants it may be inherited from a tuberculous mother, the infant may acquire the disease from diseased milk, or it may get it from the milk of a consumptive mother. In children consumption does not usually show itself until about the time of teething and later, or may even be put off until the time of puberty, but the bacilli may get into the body at a very early period of life and cause joint trouble, tubercular peritonitis, tubercular meningitis, or they may get into the glands and cause a disease usually called scrofula.

When one of the parents has consumption, particularly the mother, or when the child is born weak or sickly, then it is the duty of the mother to try to strengthen the child against attacks of disease which its weak condition unaided could not ward off. Thus, the child may be born with the disease itself or with a predisposition to the disease. A consumptive mother should never be allowed to nurse her child.

As the bacillus of consumption is destroyed when subjected to a very high temperature, all milk, whether suspected or not, should be heated to a temperature at or near the boiling point for about twenty minutes; that is called sterilization. Anything that will build up the general health of the child and make it stronger should be done, and where the mother or the father is consumptive, the child should be examined by the family physician and his advice should be carefully followed.

Consumption is undoubtedly spread by the bacilli which are usually thrown off from a consumptive in the form of expectoration. When it is considered what a "spitting" nation the American nation is, and how many consumptives go about depositing this matter

where it does not belong, it is easily seen how the disease is helped to be spread by these careless persons. The expectoration from a consumptive should always be received in a cuspidor in which there is a little water or a solution of the bichloride of mercury 1 to 1,000. When the cuspidor is nearly full it should be put on the stove until the water in it boils for ten minutes, then it may be thrown out. All cloths, towels, handkerchiefs and other such articles which may from time to time receive the expectoration of those consumptives who are too weak to expectorate into a spit-cup, should be boiled for half an hour, or burned if they are not too valuable. In this way the chance of spreading the disease is reduced to a minimum. No child should be allowed to sleep in the same bed or room with a consumptive, and the kissing of children by persons suspected of having consumption should always be not only discouraged, but prohibited.

Typhoid Fever.

Typhoid fever is a disease which occurs among children more frequently than was once supposed. It is caused by a small bacillus which is found principally in the intestines and spleen. The bacillus of typhoid fever lives for a long time in water and even in ice; and milk is a very frequent means of carrying the disease. This is particularly true because the water used to wash out the milk-cans or to dilute the milk is impure, while the milk may be good. If cities paid more attention to their water supply and sewer systems, the number of cases of this disease would be much less than it is. It is one of the preventable diseases. It attacks by preference those who are overworked and those who already have a diarrhœal disease; but it does not spare others.

Whenever the condition of the drinking water becomes noticeably bad or when the disease is more prevalent than usual, the water used for drinking should be boiled and filtered, and the milk of all infants and children should be sterilized. All diarrhœas of too long standing should receive prompt attention. Particularly in the country is the drinking water often bad, because it is frequently too near the cesspool. Water should be used from the best source available, and mothers who take their young children to the country or to a summer hotel should always find out if possible where the water comes from and look to the milk supply.

If there is a case of typhoid fever in the house, great care should be taken in disposing of the stools. They should not be thrown out in the cesspool or in the closet, but should first be thoroughly disinfected by mixing with a 5 per cent. carbolic acid solution and letting stand for an hour; then they may be thrown out with less danger. The typhoid stools contain the poison in the form of the bacilli, and these when thrown out and in any way becoming dry are very easily carried far away and may be the means of carrying the disease to those susceptible to it.

The Eruptive Diseases.

These include smallpox, varioloid, scarlet fever, measles, chicken pox and a disease called German measles. The specific organism or germ of none of these diseases has as yet been discovered, but it is almost certain that they are all caused by a micro-organism. When the fever which precedes all these diseases, and which is usually high in children, breaks out, it is impossible for any one, whether physician or not, to say what the disease will be until the eruption has appeared. When the eruption has appeared, the child should be kept apart from the rest of the family, according to the directions of the attending physician, and all other children in the house or family should be kept from school and away from others.

The worst disease after smallpox is scarlet fever. Smallpox should never occur, and rarely does where vaccination is properly performed. The poisonous part of these diseases undoubtedly lies in the scales of skin which peel off and spread the disease if they are allowed to fly about. Those who come in contact with scarlet-fever patients, should keep as far away from healthy persons as possible. The physician, nurse and mother are all that need see the sick child, and when these leave the room, they should go out in the air, or change the outer garment before

going near others. Of all these diseases smallpox can effectually be prevented by proper vaccination, measles is usually not very serious, but scarlet fever is the disease most to be dreaded. Fortunately it is not so dangerous unless the contact is close, while measles is contagious at a long range.

In all these diseases the scales of the skin contain the contagious principle, and the skin of the child should be kept well anointed, to keep these scales from flying about. After the disease is over, all the clothes and everything in the room, as well as the room itself, should be thoroughly disinfected in the way laid down by the family physician or the health officer. Upon the mother should it be impressed that it is very dangerous to keep clothes of children who have died from scarlet fever, for they may give the disease to other children years after.

Diphtheria.

Diphtheria is a disease which mothers cannot have treated too promptly or thoroughly. It is caused by a bacillus which has its home in the false membranes in the throat. It is highly contagious and particularly to the nurse or mother who has the dangerous duty of mopping or cleaning the throat, and who may receive in her throat some small particle of matter containing the germs of the disease. This is most usually done when the child involuntarily coughs while the throat is undergoing treatment. The germs of diphtheria are very resistant to treatment, and live and thrive in spite of much exposure.

It is very difficult to recognize the disease in some children, and some physicians undoubtedly call ordinary easily cured throat inflammations diphtheria in order to reap undeserved reward as being skilful in the treatment of diphtheria. The fact that infants and some older children have the very reprehensible habit of putting everything to or in the mouth makes the dangers of this disease among children greater. The same precautions are needed here as in scarlet fever.

Whooping Cough.

This disease is usually attended with little danger in strong children. As children with this disease do much better in the open air, it is more generally spread than most others. It is contagious at a great distance and lasts a long time. While cases have gone on to recovery without medical aid, it is not a good plan to dispense with the physician's services, as the complications of whooping cough have been very serious. A small organism which causes this disease has been discovered, and may be found by a good bacteriologist in the thick tenacious mucus which the child coughs up with so much difficulty.

Malaria.

Malaria means literally "bad air" and the term comes from Italy where the disease in the neighborhood of Rome does such serious harm, particularly to those not acclimated. It is caused by a little organism or parasite, not a bacillus, which gets into the blood and takes all the life out of the little blood corpuscles. The term malaria includes intermittent and remittent fevers. The germ lives and thrives in low marshy regions where there is stagnant water, and is most prevalent in the autumn. When frost appears the germ is quickly destroyed.

Children are not so apt to have this disease as adults, but when it does appear the physician should be called at once. Unlike some other diseases, those who have had malaria are more apt to have it again.

Thrush.

A disease which is not uncommon among infants of the poor of our large cities and in foundling asylums is occasionally found in the children of the better classes. Thrush is a disease caused by a sort of fungus which grows and flourishes in the mucous membrane of the mouth and tongue. It is very contagious and causes much suffering to the helpless child. It is much more severe, though less common, in children over two years of age. The most frequent predisposing cause is the use of an unclean nursing bottle, and the germ probably comes from the milk.

The child's mouth should be washed frequently, the tip of the nursing bottle should be boiled daily, and the bottle itself be thoroughly sterilized. The saliva of infants

with thrush contains, besides the thrush fungus, a large number of other organisms, some of which, when inoculated into one of the lower animals, act like a virulent poison. This may explain why the bite of a human being is sometimes poisonous, and also why the bite of a dog does much harm even when no hydrophobia can be proven.

Eye Disease of the New-Born.

This is a disease which is always preventable, and yet which causes about one-third of the blindness in the world. If the genital tract of the mother is diseased and some of the diseased matter gets into the eyes of the new-born children and is not washed out and treated properly, blindness or a serious eye trouble is almost sure to follow. The mother is generally too ill to notice this trouble; but the nurse, the midwife or the helpful neighbor should always examine the baby's eyes, and if they run matter, the physician should be seen at once. This is such a serious matter that every baby's eyes should be treated at birth, even when no trace of this serious trouble can be found. Indeed, in all cases of childbirth, even when the midwife has apparently done all that is proper, the physician should be called in at least once to examine and see if everything is in order. The neglect may be the means of saving a few dollars, but it may occasion deep and everlasting regret in the future.

PROFESSOR G. STANLEY HALL ON MORAL EDUCATION AND WILL TRAINING—I.

PERHAPS never before have the results of the highest scholarship been brought to bear so directly on elementary education as in the latest number of that admirable periodical, *The Pedagogical Seminary*.* Under the unpretentious title of "Outlines of School Hygiene" may be found a most thorough summing up, by Dr. W. H. Burnham, of the subject in all its branches, the well-being of the child being considered from the many standpoints suggested by such titles as "Location of Schoolhouse and Architecture," "Heating and Ventilation," "Lighting," "Cleanliness and School Baths," "School Furniture," "Reading," "Writing," "The Period of Study," "School Diseases," "Fatigue," "Growth," etc. References to eighty works in different languages will convey an idea of the scholarship which goes to the making of a single article in this review.

Of no less importance is the paper on "Moral Education and Will Training," by President G. Stanley Hall, the highest authority on the science of pedagogy in this country. This article is an eloquent plea for the development of the *will*, no less than of the *mind*—a distinction which is of the greatest practical importance at the present stage of our development. Professor Hall justly says:

"It is fast becoming as absurd to suppose men can survive in the great practical strain to which American life subjects all who would succeed if the will is left to take its doubtful chances of training and discipline, as to suppose the mind develops in neglect. Our changed conditions make this chance of will-culture more doubtful than formerly. A generation or two ago most school-boys had

**The Pedagogical Seminary:* An International Record of Educational Literature, Institutions and Progress. Edited by G. Stanley Hall, Ph.D., LL.D., President of Clark University, and temporary Professor of Psychology and Education, Worcester, Mass.

either farm-work, chores, errands, jobs self-imposed, or required by less tender parents; they *made* things, either toys or tools, out of school. Most school-girls did house-work, more or less of which is, like farm-work, perhaps the most varied and most salutary as well as most venerable of all schools for the youthful body and mind. They undertook extensive works of embroidery, bed-quilting, knitting, sewing, mending, if not cleaning, and even spinning and weaving their own or others' clothing, and cared for the younger children. The wealthier devised or imposed tasks for will-culture, as the German crown-prince has his children taught a trade as part of their education. Ten days at the hoe-handle, axe, or pitch-fork, said an eminent educator lately in substance, with no new impressions from without, and one constant and only duty, is a schooling in perseverance and sustained effort, such as few boys now get in any shape; while city instead of country life brings so many new, heterogeneous and distracting impressions of motion rather than rest, and so many privileges with so few corresponding duties, that with artificial life and bad air the will is weakened, and eupeptic minds and stomachs, on which its vigor so depends, are rare. Machines supersede muscles, and perhaps our athleticism gives skill too great preponderance over strength, or favors intense rather than constant, long-sustained, unintermittent energy. Perhaps too many of our courses of study are better fitted to turn out many-sided but superficial paragraphists, than men who can lay deep plans, and subordinate many complex means to one remote end. Meanwhile, if there is any one thing of which our industries and practical arts are in more crying need than another, it is the old-fashioned virtue of thoroughness, of a kind and degree which does not address merely the eye, is not limited by the letter of a contract, but which has some regard for its products for their own sake, and some sense for the future. Whether in science, philosophy, morals, or business, the fields for long-ranged cumulative efforts are wider, more numerous, and far more needy than in the days when it was the fashion for men contentedly to concentrate themselves to one vocation, life-work or mission, or when cathedrals or other yet vaster public works were transmitted unfinished but ever advancing from one generation of men to another."

We cannot do better than lay before our readers that part of Prof. Hall's article which deals with the subjects of disobedience and punishment.

"The only duty of small children is habitual and prompt obedience. Their will, purpose, and even mood when alone, are fickle, fluctuating, contradictory. Our very presence imposes one general law on them, viz., that of keeping our good will and avoiding our displeasure. As the plant grows towards the light, so they unfold in the direction of our wishes, felt as by divination. They respect all you smile at, even buffoonery; look up in their play to call your notice, to study the lines of your sympathy, as if their chief vocation was to learn your desires. Their early lies are often saying what they think will please us, knowing no higher touch-stones of truth. If we are careful to be wisely and without excess happy and affectionate when they are good, and saddened and slightly cooled in manifestations of love if they do wrong, the power of association in the normal eupeptic child will early choose right as surely as pleasure increases vitality. If our love is deep, obedience is an instinct if not a religion. The child learns that while it cannot excite our fear, resentment or admiration, etc., it can act on our love, and this should be the first sense of its own efficiency. Thus, too, it first learns that the way of passion and impulse is not the only rule of life, and that something is gained by resisting them. It imitates our acts long before it can understand our words. As if it felt its insignificance, and dreaded to be arrested in some lower phase of its development, its instinct for obedience becomes almost a passion. As the vine must twine or grovel, so the child comes unconsciously to worship idols, and imitates bad patterns and examples in the absence of worthy ones. He obeys as with a deep sense of being our chattel, and at

bottom admires those who coerce him, if the means be wisely chosen. The authority must, of course, be ascendancy over heart and mind. The more absolute such authority, the more the will is saved from caprice and feels the power of steadiness. Such authority excites the unique, unfathomable sense of reverence, which measures the capacity for will-culture, that is the strongest and soundest of all moral motives. It is also the most comprehensive, for it is first felt only towards persons, and personality is a vinculum, enabling any number of complex elements to act or be treated as a whole, as everything does and is in the child's soul, instead of in isolation and detail. In the feeling of respect culminating in worship almost all educational motives are involved, but especially those which alone can bring the will to maturity; and happy the child who is bound by the mysterious and constraining sympathy of dependence, by which, if unblighted by cynicism, a worthy mentor directs and lifts the will. This unconscious reflection of our character and wishes is the diviner side of childhood, by which it is quick and responsive to everything in its moral environment. The child may not be able to tell whether its teacher often smiles, dresses in this way or that, speaks loud or low, has many rules or not, though every element of her personality affects him profoundly. His acts of will have not been *choices*, but a far greater mass of psychic causes than consciousness can estimate have laid a basis of character, than which heredity alone is deeper, before the child knows he has a will. These influences are not transient but life-long, for if the conscious and intentional may anywhere be said to be only a superficial wave over the depths of the unconscious, it is in the sphere of will-culture.

"But command and obedience must also be specific to supplant nature. Here begins the difficulty. A young child can know no general commands. 'Sit in your chair,' means sit a moment, as a sort of trick, with no prohibition to stand the next instant. Any just forbidden act may be done in the next room. All is here and now, and patient reiteration, till habit is formed, and no havoc-making rules which it cannot understand or remember, is our cue. Obedience can, however, be instinct even here, and is its chief virtue, and there is no more fear of weakening the will by it than in the case of soldiers. As the child grows old, however, and as the acts commanded are repugnant, or unusual, there should be increasing care, lest authority be compromised, sympathy ruptured, or lest mutual timidity and indecision, if not mutual insincerity and dissimulation, as well as parodied disobedience, etc., to test us, result. We should, of course, watch for favorable moods, assume no unwonted or preternatural dignity or owlish air of wisdom, and command in a low voice which does not too rudely break in upon the child's train of impressions. The acts we command or forbid should be very few at first, but inexorable. We should be careful not to forbid where we cannot follow an untrusty child, or what we cannot prevent. Our own will should be a rock and not a wave. Our requirements should be uniform, with no whim, mood, or periodicity of any sort about them. If we alternate from caresses to severity, are fickle and capricious instead of commanding by a fixed and settled plan, if we only now and then take the child in hand, so he does not know precisely what to expect, we really require the child to change its nature with every change in us, and well for the child who can defy such a changeable authority, which not only unsettles but breaks up character anew when it is just beginning to inspissate. Neglect is better than this, and fear of inconsistency of authority makes the best parents often jealous of arbitrariness in teachers. Only thus can we develop general habits of will and bring the child to know general maxims of conduct inductively, and only thus by judicious boldness and hardihood in command can we bring the child to feel the conscious strength that comes only from doing unpleasant things. Even if instant obedience be only external at first, it will work inward, for moods are controlled by work, and it is only will which enlarges the bounds of personality."

OCCUPATIONS AND AMUSEMENTS.

A Modern Scapegoat.

IT was beginning to be a very serious problem what to do to amuse the children as they grew older, and were not content to remain within the limited domain that was their own. When housed by the inclement weather many ideas came to me, only to be rejected as of little practical value. The children were tired of a tool-chest; had swung until it was a "twice-told tale"; gardens were but a transient pleasure, and so on through the whole category of amusements and employments. Suddenly the problem was solved! I would get a goat and wagon, and if these did not divert the six who were growing up so fast, nothing would.

So the Wise Man of the house was consulted, and I told him I intended to put into this living treasure the cash I had hoarded to purchase a long-coveted article of furniture, which would be scratched and knocked by animated feet; but if we had a goat the tables would be turned, and he could knock and butt the children with less detriment to appearances. But the Wise Man, from his superior heights, began to make fun of my little plan, and tell me how the goat would eat up the garden, bark the trees, demolish the lawn, bowl over the children, and destroy everything, including my day-dreams.

Now, we all admire the Wise Man very much, and I do not doubt that there are wise men in other households who are equally admired; but sometimes we feel his wisdom is excessive, and this time we were certain of it. So I sent to a suburb—a paradise of goats, where they make merry on the trained shrubbery of the beautiful parks, fatten on the tin cans of the excursionists, and wax impudent on the gaudy advertisements that decorate the hillsides—for a goat. After some delay, occasioned by our long-suffering agent's reviewing a procession of goats that took an hour to pass a given point, one suitable, from early training and proper medical attendance, was secured and shipped to us, who were waiting impatiently among the hills of the Empire State.

One spring morning six little people were quietly eating the Scotch breakfast that develops bone and sinew, when a large cage was placed on the verandah, and the solemn face of our dear Billy looked out upon a host of new friends, gravely and inquiringly. From that hour Billy had eight slaves, for the Wise Man concluded that he (Billy) was a brilliant idea. I felt that no beast with such kindly eyes could be a failure, and the children gave him their breakfast and hearts unreservedly, and hovered around him in delight.

Our first impressions deepened, for when we had our new steed harnessed to his wagon, he was as docile as any horse, and made good speed, even when he drew two of the little folks at once. Neither did he tear up our cherished garden, nor bark our trees; nor butt the family *en masse* or singly. In a word, he is a model goat, and every day we love his gentle ways and faithful service better, and the Wise Man says, "My dear, you did know best!" and that triumph is worth everything. No longer do the boys spend an hour going on a ten-minutes' errand. They drive Billy, and all enjoy it. No longer do we fear the enticements of the river, for Billy must have exercise, and it takes three or four of the children to give it to him. When mother is too tired to push the baby carriage, there is Billy to drag the two babies, and the sun bonnets and the wagon and the noble steed make a picture fit for any camera;

and two boys are only too anxious to drive, and the younger ones to go along, and wish they were old enough to hold the reins. Long walks, hitherto tabooed on account of the shortness of some of the legs of the family, are enjoyed, for does not Billy pull now one, now another, of the short-legged gentry? He scrambles up hills, through fences, and over the mud in a way that shows his orthodox training.

One day it is decided to go for the vacation to the Thousand Islands, and a wail arises for Billy's company. So Billy has to go, and a long procession of big bag, little bag, bandbox, bundle and goat starts on the journey. Poor Billy! He runs to mother and hides his head as trains come puffing up, and he nearly weeps when fastened in the baggage car while his family go off to more congenial quarters.

But what a comfort he has been during our stay! Over roads which are as bad as the scenery is beautiful has the patient animal pulled the babies, never showing a bad trait, or seeming fatigued. When the family visit some of the numerous points of interest he goes too, and stays among the luggage on the steamboat (which he does not admire), and then, when the destination is reached, away we all go, the two babies and the mammoth lunch basket safe in the wagon, for a long happy day on the Islands. Billy is always gentle, always kind, most intelligent, and a constant source of amusement to all the children, who would consider it a calamity indeed if anything happened to him. As little Number Three, aged six, said one day: "Don't you think, mother, God won't let Billy die until we've all grown up?" We all hope so.

I know there are other mothers who have just such a problem as I had to solve, and they can not do better than have a goat. His "keep" is nothing, as he will eat almost anything that comes from a kitchen; a little care prevents damage to grounds, and he is content with the humblest quarters. The boys brush Billy's long silky hair daily with a palmetto horse brush, and he enjoys it, but that is all that is done, except to harness the faithful fellow, whom we all have learned to

regard as a very important member of the family. The photograph shows him in all his glory.

And last, but not least, this same Billy promotes thinking of and giving pleasure to others. Many a child is made very happy by a ride behind this novel steed, and one day when Billy heard there was to be a kindergarten picnic he insisted upon going. Such rides as he gave in his very best style will never be forgotten, for many of the children had never seen a goat before, and Billy was the center of an admiring crowd all the afternoon, and enjoyed the homage, and gave in return his strength for their pleasure.

When winter comes Billy hopes to have a sleigh, and that again will be an endless amusement and divert the children from the more dangerous plays that keep them from home. For, dear mothers all, don't you see that you and I want to find interests that will keep our children as close to us as when they were playing around our knees? I find that this patient beast helps me to be with the little folks, and to plan to interest them in things in which I can join, more than anything I have had since they left the nursery, for there are always new fields to discover and all this without great physical exertion on my part, which is a consideration. I feel that in more ways than one, this modern scapegoat has taken upon his head almost as many of my shortcomings as he might have done in the old days under the Law, and given us much more comfort. MARY HEDLEY SCUDDER.

Norwich, N. Y.

Sand Indoors.

WHEN weather requires that the children must remain indoors instead of running out to the great sand box in the back yard, where they played with such delight last summer, and they stand longingly at the window wishing in their hearts it were warm enough to live out of doors, their fingers fairly tingle for a touch of the pliant, yielding sand. What can we do to compromise? How can we bring outdoors in the house

Here is one way, which has proven very satisfactory to our little one, and may give equal satisfaction to others. We had a little table made, and instead of having a drawer in it, we had the whole body of the table enclosed, thus forming a box (about 4 inches deep, a foot wide and 2 feet long). The top of the table, which also serves as a lid to the box, is removable. Thus, we have a combination sand box and table, for we fill the box with sand; we bring thus much of outdoors into the house, and it is a never-failing source of pleasure. The box is large enough to play in without spilling the sand outside of it, and all that is necessary when Baby has played to her heart's content, is simply to replace the lid or table-top, and she has a little tea-table, work-table or desk, according to her fancy. A few little wooden moulds, such as can be obtained where kindergarten supplies are kept, furnish the tools for "good work." There is a charm about them which never seems to grow stale.

A handful of toothpicks is also quite indispensable. Little fences, gardens and forests are laid out in various patterns. Tiny dolls, not more than two inches in length, decorated with bright tissue paper, add much to the life of the "play" lawns, parks, etc. They can so easily be placed upright in the sand, and children have such strong imaginations, that they are able to transform, as if by magic, the tiny dolls and the box of sand into gay sightseers and beautiful parks.

W. A. K.

Entertainment in Blocks and Colored Paper.

OUR building blocks are a source of unusual entertainment and amusement. They are not the ordinary blocks you buy in boxes, with pictures and letters on them, but little "home-made" blocks, we might call them, for we had them sawed according to our direction, at a carpenter's shop, a great box of them; they vary in length from a half-inch to 4 inches. The other measurements are uniform, the blocks having been sawed from long half-inch strips. On account of the almost countless number and varying sizes, they admit of endless combinations. Houses, fences, towers, castles, forts; in fact, every

conceivable structure has been erected. Children who come to visit are always charmed with them. They are really a source of education, in both conception and manipulation, and the expense being very slight, children should have a generous supply.

In many of the public schools special efforts are being made in giving training in color, in cultivating the color sense. This may be anticipated and supplemented by mothers, to a large extent, to both their own and their children's advantage. We find tissue paper very useful for this purpose. It is remarkable how soon the colors are readily distinguished, and how skilful the little hands become with a little practice. Small squares of tissue paper are cut from two harmonizing colors for the first lesson, and with brush and flour paste they are fastened upon large squares of white paper in various designs. The next step is to cut the squares diagonally, etc. The little worker is always proud of her success, and enjoys most keenly this semblance of real artistic work.

This color-training may be happily varied by making and dressing paper dolls. Little ones only three years old can very soon learn to cut little tissue dresses, aprons, capes, etc. Older children, if there are such in the family, take pleasure in preparing novelties for the amusement of younger ones. A nice way for them to make paper dolls is to cut pretty faces from bright chromo-cards, and glue them to bodies cut from white cardboard.

Columbus, O. S. V. D.

Making a Rag Doll.

FOR the very little folks I like rag dolls best of all. They are the most harmless and the most comfortable toys my two children ever had. They are used for a pillow, a hammer, and almost everything a child can fancy.

Those I have made are 12 inches long. I make a cloth face, or rather head, mark eyes, nose and mouth with indelible ink, and sew it over the doll's head. When it is soiled I take it off, have it washed and ironed, and sew it on again.

A turkey-red calico dress is bright, pretty, and does not hurt the child if put in its mouth. I cover the feet with a piece cut out of a pair of worn-out, red lisle-thread hose.

Baby is now twenty months old, and has had more comfort with her rag "Doll-doll" since she was ten months old than anything else she has owned. M.

Cleveland, O.

Home-made Self-Amuser.

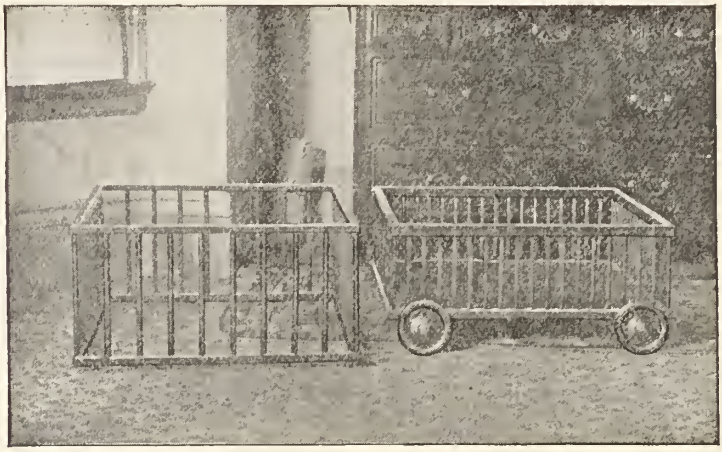
WHEN "Girlie" was a baby she had a devoted grandmother and nurse, to say nothing of mamma, and one, if not more, of the trio was in constant attendance upon her ladyship. She was a happy, good baby, brought up on the most approved NURSERY GUIDE rules—meals at regular hours, and always going to sleep without help; but, naturally, she never learned to amuse herself.

When little R—— arrived, some three and a half years later, I determined to teach him this one thing, if nothing else. A kind auntie had given him what I called his "kicking socks," soft, plainly knitted, white ones, which came almost up to his knees; and by the time he was three months old he would lie on the bed with these on (it was winter) and his long skirts pulled up, and kick and crow literally by the hour, very happy to be spoken to occasionally, but quite as contented if left to entertain himself.

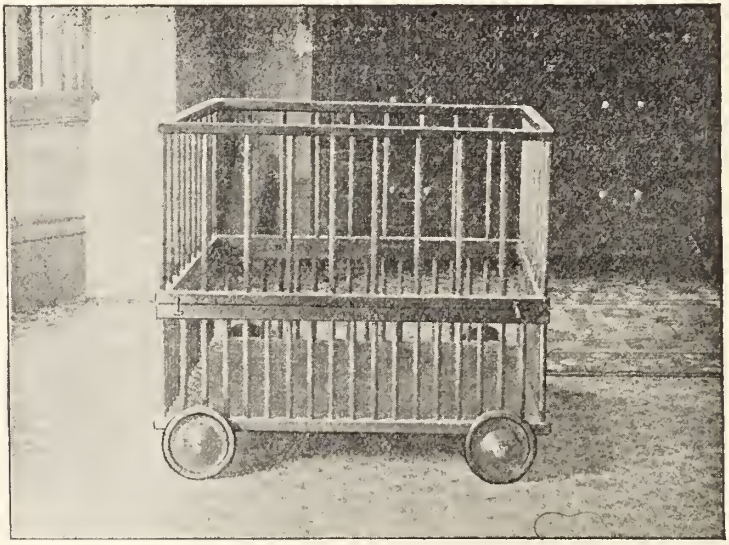
So far my plan was working delightfully; but pretty soon Baby would want to sit up, and what then? I saw a "baby guard" advertised, but it had two objections for me—it was too expensive, and it did not remove the little one from the possible pins and needles, as well as the draughts of the floor. I talked the matter over with papa, and he took a plan, with dimensions, etc., to a carpenter, who before long sent home what, for want of a better name, we call our "baby cart." At first we only had the lower section. It proved a treasure at once, and little R—— was put in with pillows around him, which, being held up by the sides, did not slip away as they had done on the bed or the floor. When he grew stronger and these were discarded, four soft white cheese cloth and cotton-wool pads protected Baby from bumping

himself on the edge; and with his toys and plenty of room to move about, he was as happy in his small domain as a king.

By and by, when we found he could get on



to his knees and try to pick up things over the side—in imminent danger of turning a somersault—we had section number two added. This was in the original plan, but I will confess that when it came home and was set in place on top of the little cart, "nursey" and I looked at each other in dismay. We never could put our precious boy into that small "circus cage." But our sympathy was quite wasted, for, having slipped him in—in a very apologetic manner—he was charmed at once; it was new and therefore entertaining, and he quite objected to being taken out again. Now he has learned to walk in it, by holding on to the top edge, which is on a level with his arms; and he still enjoys it as much as ever, although he will tire of sitting in a chair in a few minutes. The two photographs show the device in both positions.



The "cart" had only been used occasion-

ally during the day, when it was convenient to leave him for a time, or when he was tired of playing about outside and glad of the change; but it has had the wished-for result, and he will amuse himself perfectly wherever he happens to be, with very little attention from us, while a jollier, more beaming little fellow it would be hard to find. There has never been any especial training about the matter, except in keeping to one course from the first.

The "baby cart" is made of cherry, stained and shellacked, and nicely finished. The bottom measures 26 x 29 inches, and the little wooden wheels bring it 3½ inches from the floor, besides making it easy to move about. The sides of the lower part are made of dowels 1½ inches apart, and are 9 inches high. Those of the top are twice as far apart and 13 inches high, and the two sections are fastened together with flat brass hooks. The bottom part cost $1.50, and the top about 75 cents. Perhaps I have made too much of this, but it has proved such a comfort to us that I venture to pass it along to other readers, in exchange for the many useful hints I have received from them. F. H. K.

Cambridge, Mass.

A House-Use for the Bathing Suit.

A FRIEND of mine discovered such a novel way of amusing her little three-year-old boy one day, or rather allowing him to amuse himself, that I feel assured her method would be of benefit to readers of our mothers' magazine. Her home is in "Sunny San Luis," in southwest Colorado.

About three o'clock one intensely warm day, little Harold began sighing for new worlds to conquer. He had become wearied of his toys, but did not desire to play out of doors, the sun being so warm and there being no trees for shade. Suddenly a bright idea struck him, and he asked to play in the ditch. (In this valley the land is watered by sub-irrigation, and the ditches often run near the house.)

"No, no, dear!" his mamma replied, "you might fall in; but we will bring some of that nice warm water into the summer kitchen and put it into a tub, and you may play as long as you desire."

"O fank you, mamma dear, that will be gay sport," the little fellow made answer.

Perhaps you ejaculate, "An unorthodox proceeding on the mother's part!" Well, if you could have witnessed the unalloyed happiness of the little one you would have thought it well worth being unorthodox to secure such a scene. Harold looked extremely picturesque in his bathing costume, consisting of an old wine-colored flannel dress. He danced up and down, forward, backward, crossways and sideways, laughing heartily all the while. After playing as long as he desired, he was quickly dried with a crash towel. After being dressed in clean, cool clothing, he was ready to play with his little express wagon, taking advantage of the temporary shade caused by the sun's going under a cloud. It might be objected that such license will be the means of causing him to play in the irrigating ditches without leave. Far from it. He will be less likely to do so than if his mother had said, "No, you can't play in the ditch; now mind, I'll whip you if you do." And lest he should be tempted to take advantage and play in the tub without permission, his mother will see to it that the tub be not in reach. At the close of a busy, happy day he came in for his supper of oatmeal and milk, after which, with a polite "Good night, papa; good night, mamma," he soon repaired to the land of Nod, and slept soundly all night.

ELLA BARTLETT SIMMONS.

Mosca, Colo.

PERSONAL EXPERIENCES IN THE HOME TRAINING OF YOUNG CHILDREN—I.

BY PHILIP G. HUBERT, JR.

IN giving an account of some of the failures and successes which I have met with in the training of small children, I may perhaps find excuse for some of my failures in the old saying that a shoemaker's young ones are always ill-shod. For I trust that the many articles upon the subject of education that I have written, not to mention a text-book for use in the nursery, may entitle me to rank with the teachers. Moreover, ought not much to be forgiven the one who ventures, not only to theorize, but dares to experiment in a matter so vitally important as that of the education of his children?

In the following notes I may have to confess more than once that the experiment was a failure, which does not prove, however, that it was of no value to me, or that it may not be of value to others. I have a friend who tried for two years and in every possible way that intelligence and ingenuity could suggest to cure a child of the nasal twang acquired in in a Yankee village. His failures made a splendid list of experiments not to be made. And it takes so much valuable time for people to find out for themselves how wholly useless is much of their work with children, that I am doubly grateful to the man who tells me what to avoid—grateful for the knowledge acquired and for his tedious and unrequited labor of experimenting. Perhaps there is no field in which more labor is apparently and often really wasted, than in this very one of the training of children. I knew a family once where the habit—an execrable one—was to correct small blunders of speech and of behavior with splendid pertinacity and equal futility, until each meal or family meeting became loaded down with these trivial corrections and this petty fault-finding; it became extremely tiresome to an outsider and made no more effect upon the children than the buzzing of flies. Besides the waste of time, think of the souring of disposition which perpetual fault-finding is sure to induce. If such a system of minute correction is persisted in with absolute thoroughness, and no blemish of speech or manner is allowed to go uncorrected, I presume that the results may be worth something. But surely the same end may be achieved in less painful ways. If the eye offends, it is not charitable to pluck it out by small but painful pulls administered once a day during a period of years.

The training of children so that when they are twelve years of age they shall be polite, observing, intelligent, honest, reasonable little members of society, has always seemed to me somewhat akin to the cultivation of a garden, with the added difficulty that while gardening may be reduced to a science, education must remain an art; each plant in our educational garden may be unlike, in disposition and tendency, every other plant. We may assume that the child of decent parentage and surroundings will naturally turn out all that a child ought to be if you can keep the bad habits down. Where the blemishes of speech, manner and behavior often amounting to positive deformities come from, it is as hard to say as to trace the origin of the weeds that spring up by the thousand in any garden spot left uncultivated for a few weeks. And, further, the analogy holds good in that the

richer the ground, the more splendid and varied the growth of weeds. Perhaps the soil always holds a few of the weed-seeds, as any child may be supposed to get something undesirable by inheritance. The wind blows thistle and wild carrot and daisies into my garden, the birds carry me some more seeds, and when I fail to go over the patch once a week with a hoe, the crop of weeds threatens to choke my vegetables. The brighter the child, the quicker he is to be influenced by surrounding good or evil.

No School Better than Some Schools.

I was once cured of the idea that any school was better than no school by sending two of my children, then respectively five and six years of age, to a little country district school. My wife and I thought that if they learned nothing good, they would at least be out of harm's way, and could not learn much that was bad. We were in error. The crop of weeds that sprang up was amazing. It was not six weeks before every defect of speech and manner noticeable among the typical people of the village appeared in our two little ones. The nasal, whining twang of the Long Islander at his worst, the high-pitched, vociferous, irritating voice that results when forty children play together and each strives to be heard above the din, the score of small blunders of speech which to a sensitive ear are as annoying as false notes in music, the slouchy bearing at table and in walking—all these appeared, and it took some hard work to weed them out.

Of course, you can no more keep your children from coming into contact with others whose voice, grammar and manners are defective, than you can keep weed-seeds from blowing into your garden. The work of keeping down the seeds is just in proportion to the promptitude with which we root them out. With a sharp hoe and half an hour's work every morning before breakfast I can keep my garden absolutely free from weeds that in six weeks would defy anything short of an axe. The parallel holds good as to children. But, as I have already remarked, the constant, daily, hourly correction in minor matters may become by very iteration and familiarity of small avail. For example, in the matter of grammar, it has always seemed to me that small or even serious blunders are of no particular importance as compared to accent and voice. If a child of mine says: "He invited Lily and I to go"; or, "When you was in town"; or, "He was real kind to me," it is scarcely worth while to make the correction, because such blunders will disappear as the child ceases to hear them around him. To fall foul of a child every time he makes a blunder would constitute a species of petty nagging likely to intimidate and worry the child rather than correct the error. I once held a contrary opinion, and wasted a good deal of time in setting such matters straight, only to find that outside influence at that age was stronger than mine.

I suppose that most people who care much about the training of their children, have them placed at the family table as early as possible. My own little ones appear at breakfast and luncheon as soon as they are able to sit up straight in their high chairs. At the evening meal, whether it is dinner in town or supper in the country, the little ones under eight years of age have their bread and milk at six o'clock, and are in bed before the meal begins. After that age the children are in their places at every meal, and are expected to behave themselves. Whether or not children should be allowed to talk at table, is a question that must be settled by experience. Personally, I am strongly in favor of allowing them to talk, because it gives the parents a capital chance to observe, not only the manner of talking, but the drift of a child's mind. The low, sweet voice, which is said to be so excellent a thing in woman, is equally excellent in children. I am sorry for a family in which the table talk is monopolized by a lot of loud-voiced children, and we Americans are rather lax in this respect, as compared to Europeans. Our voices are sharper, we are apt to scream rather than talk, and we lack sadly in the matter of modulation. The fault is one rather hard to counteract, because children hear this exasperating habit all around them. A child whose talk is sweet,

soft, and well modulated, is apt to be lost among playmates who deal exclusively in superlatives, shrieked out at the top of their lungs.

The Vice of Exaggeration.

The habit is a bit of the exaggeration which tinges so much of our American life. We use italics in everything—voice, words, and dress. Italics are the sign of poverty. The vile habit of interlarding every sentence with oaths, is, so far as I know, characteristic of the young American of the lower classes as of no other nation. In half an hour I have heard more swearing of a senseless, foolish, meaningless sort, from a crowd of our young men, than I have heard in months from the same sort of gathering in England or France. Swearing is, after all, a use of italics that betrays poverty of ideas, and inability to make proper use of ordinary words and phrases. In the same way, though in a less degree, that swearing irritates me, so does habitual exaggeration in statement. And that among children the habit of senseless exaggeration will grow amazingly, need hardly be insisted upon. Such stock phrases as "I would give anything if," etc.; or, "It was the strangest thing I ever saw"; or, "The best thing I ever heard"; or, "The heat almost killed me," are heard so often as to make us forget how absurd they are. Yet this sort of exaggeration is a debasement of our verbal currency, which we must fight against, and it is really a simple matter to make a child come down to reasonable statement; once broken, the child will soon see the absurdity of the practice. Make him see it for himself.

For instance, my little seven-year-old girl announces at luncheon that when she went in bathing to-day the water was "as cold as ice"; that the children had poured "tons of sand" into her bathing-house, which sand it had taken her "most of the day" to sweep out. Ordinary questioning, done pleasantly, brought the child down to the simple statement that the water was a little chilly, that there was a little sand on the bathhouse floor, which she had swept out in three minutes. I have been quite pleased to see this senseless use of italics in statement gradually disappear among the elder children; they now act as critics and teachers of the younger ones in this matter.

Of course, there is a point where the persistent repression of anything like exaggeration or fancy may work harm in depriving a child's talk of all picturesque quality. We all know the man who picks our every sentence to pieces, and measures it against the cast-iron rule he carries; and few of us like him. I question whether with children of a rather taciturn, thoughtful turn of mind, it is not better to encourage fancy. Thus, I was rather astonished when a boy of mine, not fourteen years old, once remarked, as we were sitting on the ocean beach, letting the fine sand glide through our fingers: "What a terrible exaggerator and liar the old prophet must have been who said that Abraham's descendants would be in number as the sands of the sea. If every grain of sand on this beach alone was a person, the world could not hold them."

This was a sad failure to appreciate the beauty of the Hebrew writer's poetic figure. It indicated a danger. Nevertheless, the habit of exaggeration in everything verbal, the use of superlatives, of such adjectives as "awful," "dreadful," "horrible," in trivial statement; of such expressions as "tired to death," "best thing I ever heard," etc., is so widespread as really to irritate sensitive people. If allowed to grow, it will give a child a habit that will deprive his speech of all proportion and light and shade. With everything in bold relief, the result is monotony. As a corrective, all that I have found necessary is to make a child repeat some exaggerated statement or story, gradually allowing him to eliminate and tone down whatever may be criticized.

Professor James says, that "To give power to suspend belief in presence of an emotionally exciting idea, is the highest result of education." The repression of exaggeration is very much the same thing, for it amounts to the weighing of words, the adaptation to proper perspective, which is the essence of rational and effective speech.

THE MOTHERS' PARLIAMENT.

Two Mothers' Ways.

—Mrs. A. is the wife of a well-to-do merchant. She has two children, and since their birth she has given up other duties almost entirely to attend to them. She seldom goes out, although formerly a society favorite. She does not even go to church, pleading that she cannot leave the children, and that they are not old enough to take. If callers happen in, Baby is the topic of conversation and by her presence claims attention without regard to others. She is naturally a good-dispositioned child, strong and healthy. Yet the mother rarely puts her out of her arms, except when asleep, and this is accomplished only by rocking and singing, sometimes for an hour at a time. Baby thinks there is only one place where she can go to sleep, and that is in her carriage, where mamma must rock her by "teetering" the springs. This tedious task is performed three times a day, for the little lady must have two naps, of course, during the day. Every member of the family is made to feel that Baby is of first importance, and it is safe to say that she feels it too, as is evident by her imperious ways even now. Her lightest wish is quickly obeyed. If any disposition is shown toward denial, Baby knows that she has only to lift up her voice in a wail, and the coveted wish is speedily granted her. The mother's excuse, when expostulated with, is that a child should be kept good-natured. "If crossed, it makes her angry; consequently, she must not be crossed. When the child grows older she will come to understand these matters, and when the sunny disposition (encouraged in its growth by the anti-friction process during infancy) is developed, she will yield to others as she ought."

In this the mother is making a serious mistake. The little one should be made to understand that other people have rights which even she should respect; that mamma has other demands upon her time, and something else to do than to tend her ladyship, even though that something else is sitting down with folded hands to rest.

Mrs. B's way is entirely different. Her babies are early taught that they must rely upon themselves largely for amusement. While they are never neglected, they early become self-reliant in many ways. The first step is to teach them to go to sleep properly. They are rarely nursed to sleep in the arms after the first few weeks, when a babe drops off to sleep so easily at nursing time.

When bedtime comes, Baby is undressed, rubbed briskly, yet carefully, for a few moments with mother's hand; then the little nightgown is put on, and a dry napkin, if necessary (this is always loosely adjusted at such a time, that there may be no cramping of the tender limbs), and he is put into his bed, the room darkened, and he is left alone. Being accustomed to this from his earliest recollection, he expects nothing else, and after cooing to himself a few moments, drops off to sleep. Resolute persistence in this for a few times will usually establish the habit. Taking him up if he cries will render future attempts in this direction useless, for once he finds out that crying brings mamma, who takes him up, and he will cry every time. This is a most excellent plan, as it leaves the mother free to attend to other duties, or to rest or read; a thing which many a misguided mother finds it impossible to do.

During the day Mrs. B's baby amuses himself, with the occasional help of the older children. A blanket is spread upon the floor, playthings are given him, and before he learns to creep he will stay there contentedly while his mother busies herself about the room.

Such treatment of babies is not cruelty, as many people plead. It is absolutely better for the child to be let alone once in a while; and the habits of self-reliance learned will be of great benefit to it in future years. Habits formed in infancy and childhood follow us

all through life, often making or marring, not only our own, but the happiness of others.

Let mothers study well what they are doing in rearing their children, remembering that, although it may cost a struggle to start the little ones in the right way, it will much more than repay the trouble when once good habits are formed, and that very rarely will the child of larger growth forsake those that were taught him by his mother in the nursery. —*Ella Rockwood, Flint, Mich.*

A Nut not Hard to Crack.

—I called upon a lady friend a while ago, and found her in despair, on account of her fruitless efforts in training her two-year-old boy. I asked her if she took THE MOTHER'S NURSERY GUIDE. "No," she said, "I don't. I did take it, but it only discouraged me the more to read of model ways of training and managing children, and to find myself and my baby so far in the rear. I had plans and methods and theories in mind before Baby came; I had opinions and views about governing; I taught in a primary department of a graded school for years before I was married, and really thought I knew something about my prospective work when I left the schoolroom for the building of a home. But my baby is an exception to baby-kind; I don't think that magazine ever had any such to deal with. I can't do anything with him and he is a constant source of mortification and vexation."

Master Reginald was busy meanwhile demonstrating the truth of his mother's assertions. Some curtain poles had just been delivered and stood in the hall; he pulled them down with a crash and began tearing the wrappings off. His mother took them and placed them beyond his reach. His eye caught sight of the boxes containing the "fixtures"; his hands were immediately upon them. They were taken away from him amid stamps and screams. The door leading into the front yard stood ajar; like a flash he darted away, his mother after him, on a full run. She had not more than seated herself, out of breath, than away ran Master Reginald through the rear of the house again into the yard; whereupon, the chase was repeated. This time she held the captive fast in her arms. "You do seem to have a busy time of it, with your baby," I said, and out of compassion for her very soon took my departure.

Master Reginald accompanied his mother when she came to return my call. He went with my little one, two years his senior, into the next room, and we heard nothing from them while we "visited," or rather while she poured out her "tale of woe" about Reginald and her inability to control him.

"He runs away constantly," she said. "We keep the gate fastened—tied so he can't open it; but he will climb the fences separating our yard from our neighbors. Yes, baby as he is, he will scale the fence like a cat; those pickets are round on the top instead of pointed, and are no hindrance at all. He will climb over the successive fences until he finds a yard with a gate open, then he is off like a shot. The electric car line is so near that I am in mortal dread when he is out of sight, lest he be run over. I have frequently chased him that distance. And then he will go to the front door of the houses in the vicinity, whether they are total strangers or not, and ring the door bell; you may know what a vexation it must be on their part and what mortification it is to me, for really Reginald's pranks are the talk of the neighborhood."

"Another thing I must tell you," continued this despondent mother, "is the trouble I have with Reginald about using his nursery chair—I am ashamed to mention it, but I must speak of it to some one. I don't know what to do with him. I have worked faithfully a solid year, and all to no purpose. I have tried every way I know to teach and train him; my last resort is spanking. I spank him every day of his life, but it does not seem to make a particle of difference with him; he is as thoughtless as ever; indeed, I can scarcely think it a result of thoughtlessness, it seems more like defiance. He just seems determined not to use his chair." I suggested various ways out of the difficulty, but nothing seemed practicable or to the point in her estimation.

She called to Reginald, his hat and cloak

in hand, and said it was time to go. The side door was open. Reginald was not ready to go—he darted out through the door, through our yard on into the neighbor's, his mother after him. She caught him; he threw himself on the grass, but finally "stood up like a man" and had his wraps put on. When they passed out of the gate, Reginald was minded to go in the opposite direction from that leading to his home—there was another chase up the hill before they finally were fairly started on their way home.

I bring this case to the "Parliament," hoping suggestions may be offered which may serve to lessen the bondage of this young mother by showing or pointing out to her better ways. It is mostly "activity" which "ails" the boy, it will be claimed; granted, but what is wanted is a method of harmonizing cases of activity with the environment when said environment is a small city lot with only a few feet front.—*Interested Friend.*

A Plea for Dirt.

—Dear mothers, do lock up pride in your hearts and let your little ones play in the *dirt* while weather permits. I know a great deal has been said in THE MOTHER'S NURSERY GUIDE of the advantages of the sand pile, and theoretically we approve, but all around me this past summer I have seen so many children cheated out of a good time that I would plead for more liberty still.

One of my friends has a little boy of two summers. She is very handy with her needle, and all his little life he has been dressed beautifully—dainty feather-stitched dresses, shirred crèpe caps and pretty cashmere cloaks. But about all the fresh air that came to him was while riding in state in his baby carriage, decked in these same fine feathers; so I was pleased one day to hear that a load of sand had been bought for him, and my children were invited to come and share the fun. But pleasure was turned to pain on accepting the invitation to find that "Archie really couldn't play in it, he got *into* it so, and the sand went all over his hair, into his shoes, and his face would be covered with the fine dust—really twas too dreadful!" A dark gingham dress, close-fitting cap and bath at night would offset these difficulties; and the little petulant boy would not need so many to wait upon him or have half so many grievances, if his fond mamma could only have given up her pride in his good looks.

Then there is a little girl near by—a delicate, nervous creature, small and pale, who has to steal *her* fresh air by driving with her mamma in a stylish turnout, or simply sitting on the veranda—always with her pretty white dresses, with puffed sleeves and unruffled hair—but oh, what a pity!—losing all that close contact with mother earth which her system needs.

But why look at my neighbor's children for illustration, when I have erred myself? For during the first of the summer, I put my own darling boy of seventeen months under pretty much the same discipline. I had a large square of carpeting put on the veranda, and a soap box filled with sand; and after his long noon nap and dinner of oatmeal porridge I would put on a clean white dress and expect him to keep it presentable. For a while, the plan worked well, but alas! his bigger brother of five years had the liberty of the whole yard, the gravel in the driveway—yellow gravel I grieve to say it is—the nooks and corners everywhere where plenty of shovelfuls of earth could be found, and was the little one to be deprived of *his* liberty? He gained freedom several times by lying flat on his stomach, at the head of the steps, then backing and sliding down, thoroughly cleaning them as he went, but shaking a "good-by" to me with his hands as he glided on. So I gave in to him, and until five o'clock he was allowed to play in full sight of passers-by, in a dark check gingham dress, made short, with no white skirts to soil underneath.

It was an effort to me to see him thus, especially when callers came—somehow we don't mind when they are no longer babies—but the reward came in merry shouts of laughter, bright sparkling eyes, lips that would look red in spite of the begrimed face, a vigorous appetite, and sound sleep at night. —*P. C. H.*

NURSERY PROBLEMS.

Laxative Food.

To the Editor of THE MOTHER'S NURSERY GUIDE:

Having received so much benefit from your advice to other mothers, I take the liberty of addressing you in regard to my little girl, now almost one year old. Having been obliged to be weaned at six months, she was fed on Swiss condensed milk, which seemed to agree with her perfectly until after she commenced to cut her first teeth (at eight months), when she became very constipated.

Our physician urged the use of ground oatmeal with diluted cream (top milk). This we have tried in every way to induce her to take, but she does not like it, and we can hardly get her to eat enough of the oatmeal to affect the bowels at all; the small quantity she does consume makes her face break out slightly, and within a few days a rash has appeared on her neck and shoulders. A short time ago her bowels moved naturally only two or three times in a fortnight, and then after great straining and crying. As she is perfectly well in every other respect, we have hesitated about changing the food. She has seven teeth, has her meals four hours apart during the day, with one at night, and sleeps from 1.30 P. M. to 5.30 A. M. generally, with two naps during the day.

What would you advise for the constipation, since oatmeal does not seem either to correct that trouble or to agree with her? She is fat and rosy, but we fear will not continue so unless we can get food that will cause natural and easy movements.

Chicago, Ill R. A. F.

We think that some food containing a good deal of fat would probably help her—say cream in her food, if she takes liquids, or well-buttered bread when she can take it, especially Graham bread. Of course, movements may be secured by the use of medicines, suppositories or enemas, but we speak of food just now.

Thumb-Sucking; Dilution of Milk at Three Months.

To the Editor of THE MOTHER'S NURSERY GUIDE:

(1) My little daughter, three months of age, has the habit of sucking her thumb. Is it feasible to try to stop this practice now, and can you suggest a remedy?

(2) Is the proportion of equal parts of milk (with the cream on it, of course) and water, sufficiently strong for a perfectly well and remarkably strong baby of three months, weighing 13 pounds, and is once in two hours often enough to give it? A DEVOTED READER.

(1) It can be completely stopped only by tying the hands down, and we doubt if it is worth while to resort to such extremes. When you see the thumb in the mouth, gently coax it out, and divert her attention. If she falls asleep with the thumb in the mouth, take it out as soon as she is soundly asleep. By these and similar devices you will gradually diminish the habit, and by and by can stop it altogether. There is a difference between occasional thumb-sucking, as when teething, for instance, and the persistent habit which some children are allowed to continue for years.

(2) Yes, it is strong enough, but at three months of age once in three hours is often enough. You may increase the quantity at a meal if necessary.

Probable Defective Nutrition.

To the Editor of THE MOTHER'S NURSERY GUIDE:

I have a boy-baby seventeen months old who, until lately, has been fat and strong, his diet consisting only of 8 ounces of milk every three hours. He has but twelve teeth, cannot talk or walk; and when we put him on his feet, the right one turns over on the inside. He is cutting his eye teeth and lower molars. I do not think he is thriving, on the contrary is growing thin; so I am making a trial of "malted milk." Do you think it will be food of sufficient strength for a baby of that age? What shall I do to strengthen his ankles? When can I begin to feed him, and what? He used to be so good and slept all night, but is very troublesome now, and is awake nearly all night.

Philadelphia. H.

Evidently the child is not doing well. It is common enough for the cutting of the canine teeth in hot weather to be attended with considerable disarrangement, such as his restless sleep, but we think that usually, as in this instance, the trouble really depends upon a defect of digestion or nutrition. The child shows such defect in backwardness in walking (the delay of speech counts for less), rather tardy teething, weak ankles, and, perhaps, previous excess of fat. The amount of food is not definitely given. He gets "8 ounces of milk every three hours." If this means night and day, and pure milk, the amount is certainly enough and probably excessive for his digestive power. If he gets

8 ounces, six times a day, of pure milk, it is enough.

In the first place we think that a child, as much out of order as yours, should have the supervision of a good medical man, which can easily be had in your city. He will very likely begin—if we apprehend your meaning rightly—by making a food more digestible, even if less bulky. But we cannot advise on the scant information we have. For the ankles we should do nothing until the dietary is improved. We should keep him off his feet until he gained strength somewhat. Later, perhaps ankle supports may be proper.

The Mother's Diet During Nursing-time.

To the Editor of THE MOTHER'S NURSERY GUIDE:

Having been for seven years a "lamp unto my feet," I now wish to ask you for more light on a certain tortuous path.

My two older children were martyrs to colic during the first six months of their infancy; they seemed to thrive on it, but it wore me to the bone. Both children were nourished by an abundant supply of milk, and it was while they lived on this food alone that they suffered most. Both were very constipated, but, of course, were relieved daily by enemas when necessary.

I began by eating such simple food as always agreed with me, but with each child I had finally to give up all green vegetables, as the increase of colic and the color of the passages were so obviously the result of such indulgence. I lived on meat, rice, milk, and bread and butter, and found great comfort in a daily bowl of thin oatmeal gruel and milk; but even this last had to be given up with one of the babies, she suffered such fits of agony in the afternoon if I took the gruel at eleven o'clock.

I am sure you will think the cause of the constipation in the children, and consequently of the colic, was my diet; but I think not, as they are now aged seven and four years, and are painfully constipated in spite of a special diet designed to overcome it; and my diet was by no means choice, but necessity after some weeks' experience in each case. Possibly one cause of the colic is the great rush of milk, which causes the child to eat too fast, but I do not know how to avoid that.

(1) In view of the above circumstances, would you advise an expected baby to be fed artificially instead of nursed, if it suffers from colic in like manner? If not, shall I persevere in eating fruit and vegetables which my constitution demands, being also subject to the children's enemy, constipation?

(2) If I give a few drops of paregoric in violent attacks, when the face is almost black with pain, and perspiration streams from the child's forehead, could it affect the child's brain permanently, or stunt its growth?

(3) Can any laxative be given to very young babies? I think enemas have had a bad result in one of the older children.

(4) Both the older children were splendid specimens of babyhood, and got fine strong teeth at the proper period, but both walked very late (seventeen months), and have had delicate throats. Could the weak ankles and delicate throats (every member of their father's family have delicate air passages) be because of improper nourishment, or the former trouble because they were heavy children with small feet, and the latter inherited? FORESIGHT.

Savannah, Ga.

(1) In spite of the colic, we think the breast better than any food probably would be. Other elements than your diet we think have modified the milk. We doubt if your diet would modify the color of the stools, although it might produce the colic. If it be practicable to procure an analysis of your milk, your physician might give directions as to your diet and regimen which would be helpful to you.

(2) Given carefully, we do not think that any serious results would follow. Of course, if often given, the paregoric would aggravate the constipation.

(3) Yes, both by mouth and in the form of suppositories.

(4) It is not possible to say off-hand how much depends upon heredity and how much upon the disarranged digestive processes; probably both factors are active.

Reckless Use of the Baby Carriage; Chalk Mixtures.

To the Editor of THE MOTHER'S NURSERY GUIDE:

(1) Will you kindly give me your opinion as to the wisdom of sending a baby or child of two or three years two or three rods by giving the baby carriage a severe push and letting go? Does it not give the shock to the nervous system you so often protest against? Is the fact that the child seems to enjoy it any evidence that it does not hurt him?

(2) Do you advise the use of prepared chalk for slight bowel and stomach troubles with little children? It seems to us a safe and effective remedy, preferable to anodynes.

Norwalk, Conn. CONSTANT READER.

(1) It is a foolish practice. Whether it or similar diversions do or do not give harmful shocks to the nervous system, can only be determined by the results. There is no way of

determining in advance. There are many exciting amusements which children (and adults, for that matter) enjoy for the moment, but which are exhausting in the end. Sometimes there seems to be excuse or reason for indulging in them, and then the question of the nervous shock has to be carefully estimated to determine whether or not the indulgence shall be continued. But such a practice as you describe is simple folly, and invites accident aside from any question of nervous irritation.

(2) When an antacid is called for, chalk is very often a useful remedy. The chalk mixture of the pharmacopœa contains no anodynes, but has cinnamon water as a vehicle.

Doubtful Milk or Methods.

To the Editor of THE MOTHER'S NURSERY GUIDE:

My little girl is ten months old, in perfect health, and has six teeth. At our meal hours she has the various articles of food allowed babies of her age, though not all at the one meal, while between meals she takes a drink from her bottle. The milk we use is the same as supplied the "Good Samaritan Hospital," and is fresh cow's (mixed) milk, which we sterilize, according to your directions, in the Arnold Sterilizer. The milk is sterilized morning and evening. After standing twenty-four hours (we notice it from those bottles left over) the milk has a very offensively strong odor; also when it is sour. We have made cottage cheese of the sour sterilized milk, and the cheese has turned out a light pink color, and when the sour sterilized milk is spilled on white cloth or linen, it leaves a deep pink color that is indelible. Can you account for this color and odor? Baby never takes more than 4 ounces from her bottle at a time, as she does not seem to care for the milk. Her appetite for bread and other things is good. It may be important for you to know that no salt or sugar is put in the sterilized milk before or after it is cooked and used. Do you think her not caring for the fresh sterilized milk has anything to do with the pink color made from the sour milk? Another noticeable thing is that when she perspires, which she does freely in the daytime and at night, the perspiration has the odor of the fresh sterilized milk, but in a much stronger degree. So strong is the odor that no matter how clean or fresh her person may be, it is disagreeably noticeable.

Portland, Ore. AN INTERESTED READER.

In the first place we may as well express our ignorance of what is meant by "the various articles of food allowed babies at her age." Anyone who is "an interested reader" of this journal should know that in its opinion and in that of physicians who know much of children's nurture and ailments, children under one year of age should be allowed absolutely nothing but milk; breast milk, if they can get enough of it; cow's milk properly prepared, if breast milk cannot be had in sufficient quantity. When we go outside of this rule and attempt to guess what may be given to a baby who is (apparently) allowed to come to its parents' table, we are at a loss. We have known almost everything to be given. Another reader once described to us a diet of breast milk and boiled potatoes.

Now, about the milk. We do not know what causes the smell you notice in the milk, (if the milk has no smell when fresh) unless it be the boiled-milk smell. Do you mean that the sterilized milk is sour in twenty-four hours? If so, there is something wrong in the sterilizing or the subsequent care of the milk. A pink color, or, more correctly, a pale salmon-buff color occurs from changes in sterilized milk that has been kept a long time. A brownish tinge is seen in milk sterilized after lime water has been added to it. We would suggest that you inquire at the hospital, which receives the same milk as you do, whether they experience any such difficulties as you describe; also get, if you can, permission to see them sterilize their milk.

Bites or Stings?

To the Editor of THE MOTHER'S NURSERY GUIDE:

Having once before received valuable information from you, I venture again to ask your opinion or advice concerning a matter which has caused me a great deal of annoyance for the past few summers. My little boy, who is now four years and eight months old, is troubled every year with a breaking out of the skin, which at first looks like mosquito bites. These bites appear only on his face, wrists, hands, and lower limbs from the knees down to the ankles. They swell until the affected part becomes almost twice as large; they are inflamed and a blister is formed, filled with water. The swelling increases one whole day, the child is restless, and his temperature rises. The second day the swelling gradually decreases, and the third day it will have entirely disappeared, with the exception of a sore where the blister had been; then this sore often remains for three weeks.

I have consulted several physicians and none of them believe the sores to be mosquito bites; however, the medicines they have prescribed

have been of no benefit. He is only troubled during the time when mosquitoes appear, and he always has several bites. I have simply used witch-hazel. With the exception of a little rise in temperature my boy at such times is as well as usual. Now I beg of you to kindly give me your opinion or suggest to me some mode of action for the future.

Detroit, Mich. A SUBSCRIBER.

Whenever an eruption is confined to parts of the body not protected by clothing, it is very strong evidence that some external agency is responsible for its appearance. There are some eruptions due to exposure to the sun, but we think that the type you describe is not one of them. There are beside the mosquito a multitude of stinging insects (gnats, midges, sand flies, etc.), but in cities the mosquito is by far the most common. We are inclined to believe with you that the eruption is due to some sting, and should in the future guard the child as well as possible, and when practicable try the effect of some such application as sportsmen use to repel insects when they go into the forests. Such preparations usually contain oil of pennyroyal and tar, mixed with an unguent of some sort. They can be made quite elegant by the use of cold cream or vaseline as a vehicle, and instead of tar a very small quantity of carbolic acid or of creosote. A physician should write the prescription.

Nursing Bottles.

To the Editor of THE MOTHER'S NURSERY GUIDE:

Can you advise me which is the best nursing bottle for an infant to use? I have tried a lot of them—some with rubber tubes and others with the nipple right on the neck of the bottle, but still Baby sucks in so much air with them, and I find them all exceedingly difficult to keep reasonably clean. In my dilemma I appeal to you for assistance. Is there no bottle which would overcome these difficulties?

Crafton, Pa. AMY S. G.

Never use one with a tube; use plain, well-fitting nipples, with very small holes. If possible, get them without holes and puncture them with a fine needle. Such a nipple stretched over the neck of the bottle will not allow any air to be sucked from the bottle, if the latter is so held that the bottom is uppermost and the neck always full of milk. No air then can come in contact with the nipples. Some persons carelessly hold a bottle so that one side of the neck only is filled with milk, the other with air. If that be done, no bottle is free from the objection you raise. Of course, the infant should never be left alone with its bottle. It should be held all the time. The difficulty in cleaning bottles is a real one, but care will overcome it. The nipples should be put to soak in an alkaline solution, and the bottles filled with the same. Soda, saleratus, and the like are good. The substance sold under the name of Pearline has been found to be particularly useful for this purpose. It is, of course, to be dissolved in water.

It may be added that the swallowing of air is sometimes not due to faulty bottles, as some children do not properly close their mouths in sucking and will swallow air even if on the breast.

Slow Growth of Hair.

To the Editor of THE MOTHER'S NURSERY GUIDE:

I have a little son nine months old; he seems to be a healthy child, but is rather small for his age, weighing 16 pounds. He never has had any hair, his head being nearly as bare as his face. I wash his head every day with soap and water. Do you think the washing his head so often has anything to do with it, or that it has destroyed the hair bulbs? Would vaseline be a good thing to use?

Brockport, N. Y. E. J. W.

The washing has done no harm. He will have hair enough by and by. We have seen many such bald babies. We saw to-day a man with heavy hair and eyebrows whom we knew as an infant, when his persistently bald head was compared to a billiard ball. Just keep Baby's head clean and wait.

Condensed Reply.

M. C. H., Conn.—The urine probably owed its strong smell to alkalinity. The action upon the flannel suggests also alkalinity. Such urine is not common in infancy, and in adults is usually dependent upon bladder troubles. We do not see that the eczema had any distinct relation to the diarrhœal trouble. The fatal convulsion very likely depended upon the inflammatory diarrhœa.

FINANCIERING FOR THE BABY.

BY ONE OF THE COMMITTEE.

BABY MAUD was born in midwinter, and was the first comer to the Frink household. The Frinks had set up their household gods some five or six years before her birth, and in money matters their motto had always been, "Pay as you go, and only go as you can pay." They had no especially extravagant habits, and yet always managed to spend pretty nearly all of the husband's modest salary.

It was in the early fall, preceding Baby's birth, that Mr. and Mrs. Frink were holding a meeting of the "committee of ways and means," as was their weekly custom, and, among other matters, were discussing the cost of some little embroidered dresses which the "junior member" of the committee worked upon as she talked. One thing led to another, and before the session closed, a pretty thorough discussion had been had as to the advisability of starting a "fund" for the expected newcomer. This was discussed again and again, and it was finally decided that, so long as they could afford it, $5 a week should be put aside for this purpose. Mr. Frink was of the opinion that this was too large a sum, but his wiser wife, realizing how hard it was, on general principles, to induce him to save money, and thinking this an excellent opportunity to make a start in the right direction, insisted that they could do it if they only made up their minds to it. Anyhow, they could try! And so it was settled.

A little account book was bought, having morocco covers and gilded edges, as a matter of course, and at the top of the first folio was written "That Baby's Cash Account." Just about this time a friend gave Mr. Frink $50 in payment of an old loan, and it was decided to turn this money in and to date the account back to the first of July.

It did not prove such a difficult matter after a few weeks of "getting used to it," to put aside the $5 each Saturday night, and the debit side of the new cash account grew apace. On the other hand, it was deemed but right that any expenses which by any fair construction could be considered as chargeable to "That Baby's" account should be entered up against her. For instance, when it seemed best to have a door put in to connect a hall bedroom with a larger room, the $10 which it cost was credited to this cash account. So when the physician said that he thought it would be well for Mrs. Frink to spend a few weeks with some relatives at one of the New Jersey winter resorts, the expenses of the trip went into this book. Hitherto Mrs. Frink had been without a servant; now one was necessary, and the $13 a month naturally found its way to the book.

At the close of June, completing the first year of this account, Miss Maud was nearly six months old, and the book showed that cash had been debited with $260 and credited with $173.76, leaving a balance on hand of $86.24. Up to this time the money had not been placed at interest, but now the balance on hand was deposited in a savings bank, that it might at least "earn a little something."

During the second year the $260, which the weekly payments brought, was increased by nearly $25 by some cash gifts and by the small interest accumulation at the savings bank. The expenses for the year were only $45.11, so that the balance was $323.60. One hundred dollars of this was taken from the bank and a share of a dividend-paying stock purchased, as the returns promised to be considerably above the small interest which the bank would pay.

At this stage the parents became more ambitious for their small daughter, and after a great deal of discussion and deliberation it was decided that ten shares, with a paid-up value of $2,500, should be taken out in her name in a neighboring building and loan association, which had been in existence for a number of years and had been declaring

semi-annual dividends of 8 per cent. This called for a weekly payment of $2.50. So the third year ran by, the expenses charged to the baby being $190.60. (In explanation of the marked difference in the expense account for the second and third years, it should be said that Mrs. Frink dispensed with a servant the second year, but found it necessary to employ one for the greater part of the third year.) The stock investment brought a dividend of $10, $3 in cash was donated to Miss Maud by a fond aunt, and at the end of the year the account stood thus:

Cash in savings bank, including interest	$232 63
Credit on Building Association book, including dividend of $3.92	133 92
Stock certificate	100 00
Cash on hand	18 40
	$484 95

And only two and a half years old!

The bank account was forthwith reduced by an amount sufficient, when added to the cash on hand, to purchase another hundred-dollar stock certificate. Although the baby was as yet only a very little miss, still many an hour was spent in endeavoring to look ahead and to picture her future. The educational problem, among others, was often discussed. Mr. Frink, as becomes any prudent man, had an insurance on his life, but it was decided that he should take out, and the baby should pay for a "ten-year endowment policy" for $1,000. This was done and the bank account drawn on for the premium of $47.10. Mrs. Frink was without a servant a part of this year, and the general expenses charged against Miss Maud amounted to $140.19. The stock again brought in its dividend of $10 a share, and a penny savings bank yielded $4, the fourth year of the account ending thus:

Cash in savings bank	$108 12
Credit on Building Association book	278 78
Two stock certificates	200 00
Cash on hand	13 81
Endowment Life Insurance policy	
	$600 71

So ends the tale! There are doubtless financial difficulties ahead of the Frinks, but they feel that they have made a good start, and in the right direction. Perhaps other parents have done better, but they fear that some have not done as well.

CURRENT TOPICS.

My First Disillusionment.

AMONG the trials of a sensitive and imaginative childhood, not the least is the hollow misery which comes with repeated disillusionment. However it may have appeared since, it was no jesting matter when the discovery was made that there was no Santa Claus other than the multiple loving kindness of one's elders, that we might have saved the tears we shed for the Babes in the Wood for some better authenticated tragedy, and that no birds were ever caught by saline artifice.

I well remember the first great disenchantment which fell to my lot. One sad day I went to Boston, where I was placed by my father in charge of a maiden lady of years and oracularity. After a sojourn of some weeks, I returned to my home in Staten Island, the poorer by a revelation—a revelation that laid low all my dreams of martial prowess, all

the pomp and circumstances of glorious war. It had been explained to me at Cambridge, under the shadow of Harvard University, that a soldier was *nothing but a man;* that is, a *man dressed up to look like a soldier.* This was the beginning of my disillusionment, and no round-eyed child ever mourned the unhappy scissors-gash which let the sawdust out of a pet doll as I mourned this descent from romance to reality. A soldier was nothing but a man! I speedily imparted to the junior members of my family the melancholy tidings, and was listened to with incredulity. "Yes, yes," said my youngest brother, aged four, brandishing a toy gun, "but how could you make your face look like a soldier?" Here logic was at fault, physiology had no answer, and I stood humbly convicted of that greatest of rhetorical crimes—the attempt to prove too much.—*From the Contributor's Club in Atlantic Monthly.*

Legal Regulation of the Nursing Bottle.

IN the Department of Orne, in France, a by-law has been enacted which says that "It is prohibited (1) to give to infants under one year any form of solid food unless such be ordered by a written prescription signed by a legally qualified medical man; (2) it is further prohibited for nurses to use, in the rearing of infants confided to their care, at any time or under any pretext whatsoever, a bottle or bottles with tubes." This is advance with a vengeance; but it is a step in the right direction.—*London Health.*

Cleansing Blankets.

THERE are numerous variations in the method employed for the cleansing of blankets, the first to be described being by the use of ammonia. When the blankets are ready for washing, pour into the bottom of the dry tub half a pint of the usual household ammonia water, and over it lay the blanket lightly. Then immediately pour over sufficient warm water to entirely cover the article. This sends the fumes of the ammonia through the fibers of the blanket, and loosens the dirt in a wonderful manner. The cloth should be pressed and stirred about in the liquid for a time, then removed to another tub containing simply warm water, of about the same temperature as that first employed, and again soused about for a time; after which, it is to be lightly run through a wringer and directly hung to dry. The same method of treatment is to be pursued with each blanket, and the suds is not to be used a second time. Probably this is one of the most economical methods which can be employed, and the least taxing to the physical strength. Unless the blanket is very dirty, this treatment will give a perfectly satisfactory result. If there are spots, a gentle rubbing between the hands will usually free them from dirt.—*Good Housekeeping.*

Dusting.

THERE is an art in dusting which does not receive the attention it demands. According to the various analyses of different observers, the components of ordinary dust exhibit special characters in almost endless variety. Mineral matters, animal and vegetable *débris*, morbid germs, and whatever is small and light enough to remain for any time suspended in the air, falls into the category; and among these things are many substances that in the air do mischief. The spread of cholera and exanthematous diseases has, doubtless with truth, been attributed to its influence. Methods of dusting, therefore, which merely remove the dust to another place or fill the air with it, are not sufficient and are not harmless. It should be wiped, rather than brushed, away, and carried away off, or destroyed. Then let the sunlight in to kill what infection may remain.—*Popular Science Monthly.*

The First Requisite of House-Building.

YOU are contemplating the erection of a house in which you intend to live with your family as a future home, and, so far as your means will permit, you are naturally desirous to make this house a perfect home. In this home nest that you have decided to build there will be gay gatherings of happy people; there will be quiet, peaceful hours to be spent in rest and recreation; there will be work to

be done; there will be weddings, births, sick ones to be nursed, deaths, funerals. The sad side of life cannot be canceled by the architect, the artist and the builder. But these, intelligently exercising their skill, may do much toward lessening the unavoidable ills of life. They can plan, and build, and decorate in accordance with known sanitary principles.

Health, above all things else, ought to be the first and paramount consideration in the construction of this house you propose to build. To this object all other desires should be subordinated. Of course, the site selected must be salubrious, but upon a perfectly healthy spot of land it is easy to rear a manufactory of disease. There are many—far too many—such houses to be found. The doctor's bills paid in this country by reason of unsanitary plumbing, unsanitary heating, bad ventilation and lack of ventilation, probably would aggregate a sum ample to cover the first cost of sanitary construction, to say nothing of the pain and suffering endured by both sick and well that such construction would save.—*Engineering Magazine.*

The School Lunch Basket.

THERE is a point of health to which the attention of parents should be called, and that is the preparation of the lunch basket, upon which the little ones are to depend for their noonday meal. Every one who lives in a home whence the children go to school daily, will bear witness to the fact that very few of them eat a solid morning meal. What with the vexed servant question, and the consequent late breakfast, the hurry to gather books and wraps, and to receive the points of the too frequent commissions with which mothers and older sisters tax them, the child does not give time nor attention to the eating of a proper breakfast, but, snatching a hasty bit of the most palatable, and frequently least digestible, portion of the morning meal, crams into the lunch basket what pleases her fancy, and rushes off to catch a car. Or oftener, perhaps, the child is told that there is no time to put up lunch, and is furnished with money and instructed to stop at the confectionery and buy something for lunch. This "something" will usually prove to be a paper of chocolate drops or rich nut candy, perhaps supplemented by a lemon or a cocoanut.

By the eleven o'clock recess the little stomach is faint for want of nourishment, and is then stayed by these cloying sweets; at noon, a headache and general debility has ensued and there is little appetite. A few hasty dips into the basket suffices, and the child rushes to violent play. Soon health fails under this regimen, a physician is consulted, and prescribes, and the announcement is made that the child is *studying* too hard, or is too closely confined, and must discontinue school until it recuperates. Classes are lost, interest in the studies interrupted, habits of steady persistence in duty broken up, and a series of bad effects instituted, the extent of which is commensurate only with the number of times these facts recur.

If any one believes the case exaggerated, he is invited to stop at some school during the noon hour, and see the children open their baskets. I did this a few days since, and this is what I saw: Basket number one contained three lemons and a paper of confectioner's sugar (what part of terra-alba that article represented I leave the chemist to guess). Number two had chocolate cake, cocoanut cake, a dish of olives and peanuts. Number three, a box of sardines, a can opener, four cucumber pickles and crackers. Number four, mince pie, chow-chow and pickled tongue. Number five, potted ham sandwich, candy and fruit. Now, few adults are endowed with stomachs able to bear such a diet for nine months in a year—alas! the slaughter of the innocents!

If mothers could feel the importance of this matter they would insist, in the first place, that the children should eat a good substantial breakfast before leaving home. This can be done if it is made a point, and they be required to rise early enough to be in readiness to start as soon as breakfast is over. In the meantime, let the mother herself put up the noon basket, even if something else must be left undone. Let there be fruit for the

eleven o'clock recess, with the injunction that nothing else be touched. Then, a generous slice of good bread thickly spread with butter, cold meat and a bottle of rich milk, and perhaps a bit of sweets, that the obedient son or daughter is told to eat last. Ask the children when they come home if they ate the lunch, and make it worth their while to obey, and, if I am not mistaken, you will have happy, rosy-cheeked little folks, who will love school, and will not need physic to keep them from "breaking down" before the session is finished.—*Mrs. E. N. Hood, in the Texas Sanitarian.*

Influence of the Tone of the Voice.

FEW mothers understand how wonderfully even little children are influenced by the tone of the voice, the touch of the hand, the very atmosphere they breathe. How quickly and how surely a pleasant, quiet tone brings a pleasant answer, while just as quickly an impatient, irritated tone begets an impatient answer. Many mothers do not realize this, nor do they understand how easily very little children may be taught to be orderly and neat, to be thoughtful for others, to enjoy being helpful to mother and father, if only they be made partners in the concern, and the enticing "we will do so and so" be substituted for the disagreeable "you do so and so." It is noticeable that even young children dislike a command, while a request or a pleasant assumption on the part of a parent that a child will do certain things usually is acceded to with pleasure.—*The Standard.*

Outings for Mothers.

"TAKE your wife into the country for a month, without the children, and get some one to take charge of them," said a physician to a husband who had called him to see his wife. "She is not sick, and does not need medicine, but she is run down and nervously exhausted."

"I don't believe she would go, Doctor, and if she did, she would be miserable without the children."

"She will be miserable with them, if she doesn't," was the quick retort. "It may take some argument to convince her that a few weeks' rest is a *duty* she owes you and the children; but if you get her to take that view of it there will be no difficulty."

It is not always easy for a mother to see just what her duty is; often she is not in physical condition to know what is best, but whatever will give new life and strength ought to be planned, even if it involves sacrifice on the part of herself and other members of the family.

If she misses the children, it will do her good to get away from the constant repetition of her name, and if the children miss her loving care, they will appreciate it the more when it is given them again.—*The Household.*

Housework as an Exercise.

TO keep the complexion and spirits good, to preserve grace, strength and agility of motion, there is no gymnasium so valuable, no exercise more beneficial in result, than sweeping, dusting, making beds, washing dishes, and the polishing of brass and silver. One year of such muscular effort within doors, together with regular exercise in open air, will do more for a woman's complexion than all the lotions and pomades that were ever invented. Perhaps the reason why housework does so much more for women than games, is the fact that exercise which is immediately productive, cheers the spirit. It gives women the courage to go on living, and makes things seem really worth while.—*Medical Record.*

THE

Mother's Nursery Guide.

BABYHOOD

VOL. VIII. NOVEMBER, 1892. No. 96.

CONSTIPATION IN CHILDREN—ACUTE AND CHRONIC.

BY C. L. DODGE, M.D., KINGSTON, N. Y.

SOME writers make a distinction between constipation and costiveness. This is unnecessary refinement, and serves no good purpose. We understand by either term insufficiency of evacuations from the bowels. The affection is apt to become chronic; it is then termed habitual constipation.

The conviction is being steadily forced upon me that constipation in infants is becoming more and more prevalent. This is the result, not alone of my individual experience, but I find upon inquiry of other practitioners that their experience is the same. Various explanations have been advanced to account for this seeming increase in the number of cases met with of late, but none is entirely satisfactory. It is generally admitted that bottle-fed babies are more apt to suffer from this disorder than nurslings. This I believe to be true, but constipation is certainly more prevalent now among nurslings than it was fifteen or twenty years ago.

There are certain anatomical, physiological and dietetic reasons for constipation in children that do not exist in the adult. Without entering into detail, it may be said that peristaltic movements in babies are slight, because of the imperfectly developed muscular structure. Then, the food being entirely fluid, where absorption is active very little residue is left for the intestines to act upon, or to serve as a stimulus to further peristaltic movements. In these cases the fault sometimes lies with the mother or wet-nurse, whose health may be impaired, or whose bowels may be constipated. Deficient intestinal secretion, by producing a dry and hard condition of the fecal mass by the time it reaches the rectum, causes constipation. Excessive perspiration, brought about by drugs or disease, is another cause. All medicines of an anodyne nature, that is, containing opium in any form, whether prescribed by the physician or administered by the nurse, are constipating. In well-to-do families the use of soothing syrups and other narcotic preparations is now less common than formerly; but now and then we find a baby drugged by an unscrupulous nurse, for reasons of her own, and showing the earlier symptoms of narcotic poisoning. So long as the narcotic continues to be given, the bowels are costive; the child often vomits, his relish for food in great part disappears, and he lies, with pupils firmly contracted, in a dull, heavy state, from which he cannot easily be roused.

In older children, solid food, or vegetables with a large residue, or fruits, such as bananas, with an insufficient amount of liquids, in connection with a condition of the bowels favoring retention, are frequent causes of constipation. Local diseases of the rectum or anus, as piles, fissure, etc., act as predisposing causes by delaying the normal movements through dread of stool, which is always accompanied by more or less pain. Finally, there seems to be a predisposition to this affection on the part of some children from birth, and I believe in these cases there is an inherent weakness of the muscular coat of the rectum.

If the use of a certain remedy, which is known to be antagonistic to a certain condi-

tion, is followed by improvement and relief, it is fair to assume that the cause of the trouble lay in this abnormal condition. Aloes in minute doses, as will be shown below, suffices, not only to relieve, but to cure, this affection in very many instances. The effect of aloes in small doses is to stimulate the lower bowel, especially the rectum. It excites intestinal secretion, and increases peristalsis, and thus restores this portion of the intestinal tract to activity. This would seem to prove a previous condition of weakness, or loss of function of the rectum. If this condition be relieved, the constipation, in the majority of cases, is cured.

Constipation is regarded by the laity as a slight ailment, and the average man labors under the delusion that he is abundantly qualified to treat himself or any member of his family without the aid of a physician. Nothing could be wider of the mark. The ill success attending this kind of treatment ought to be a sufficient refutation.

Symptoms.

Symptoms are not numerous in acute constipation. In the chronic form, they are found in greater numbers, and, except in very rare instances, exercise a much more baneful influence on the immediate health and development of the child. Inasmuch as it is well understood that a healthy infant should have from one to four natural, easy passages a day, any decided deviation from this standard should be regarded as abnormal. If, in addition to the infrequency of the motions, the passage is dry and hard, and its expulsion is attended with a great deal of straining and evident pain, it becomes perfectly obvious to any one that the child is suffering from constipation. When this continues, and every movement of the bowels is accompanied by paroxysms of crying and straining efforts on the part of the infant, it signifies that a condition of chronic constipation has become established. Among other symptoms usually present in chronic constipation are colicky pains, sometimes quite severe, offensive breath, coated tongue, distension of the abdomen, more or less fever, and, in rare cases, convulsions. The child is also restless, fretful and sleeps poorly.

Dietetic Treatment.

The more unsatisfactory the treatment of a given disease, the more numerous will be the remedies therefor. The Materia Medica has been ransacked for remedies for constipation. To enumerate them all would require a small volume. I shall content myself by referring to the more important ones only.

Treatment must be divided into dietetic and medicinal. The dietetic embraces those measures which affect digestion, assimilation and nutrition. Where the mother or nurse's milk is thought to have a constipating effect, she should change her mode of living. Her diet should be more varied; she should drink freely of milk and also of aperient mineral waters. If her stomach seems at all sensitive to fatty articles of food and an undue quantity of fluids, she should make use of aperients freely. For this purpose Tarrant's Seltzer Aperient is an admirable preparation. Plenty of exercise in the open air for both mother and child should be particularly insisted upon. As to bathing, while highly desirable for the baby, it is no less so for the mother or nurse.

As stated above, bottle-fed babies more often suffer from constipation than nurslings, and especially those who are brought up on condensed milk or any of the numerous "infant foods." Where artificial food is used, instead of diluting with plain water, oatmeal water may be substituted. A simple and harmless laxative for a young baby is a little molasses and water. It has been truly said that it is an affliction to deprive a child of water. It is not only a cause of constipation, but the deprivation of water sometimes amounts to absolute suffering on the part of the child. A baby is not always hungry when it cries; it may be thirsty. To feed a child when it is only thirsty, and not give it water, will sometimes aggravate a constipation. Water, therefore, should be given to young children two or three times in the twenty-four hours. With older children, oatmeal gruel or boiled oatmeal, home-made mo-

lasses cake, graham bread and crackers, plenty of fresh ripe fruit, raw and cooked, with exercise in the open air, will often be sufficient to overcome the trouble.

Medicinal Treatment.

This will vary somewhat with the age of the child. For young infants under one year there is nothing, in my opinion, better or more satisfactory from all points of view than Castoria. It may be given in almost any dose with no ill effects, and no child that I have ever seen makes the slightest objection to taking it—a very important consideration in the nursery. For those who, for any reason, prefer not to use this preparation, the compound licorice powder may be substituted. This has become a standard remedy for popular use. It is prompt, certain and agreeable. It is best given in a little water. I find, however, that children soon tire of it, and are with difficulty persuaded to take it continuously. Cascara cordial is a preparation well adapted to the treatment of this disorder, and it is moreover extremely pleasant to the taste; children take it readily and do not cloy of it when long continued. Magnesia is another popular remedy, but should not be used as a routine treatment. In some cases there is nothing at all comparable to calomel in very small doses. This remedy will act when everything else fails. Generally speaking, it should not be employed except on the prescription of a competent physician, but, in an emergency, $\frac{1}{10}$ grain tablet triturates could be given every hour for twelve hours or till the bowels moved, with perfect safety. Powerful purgatives are frequently resorted to; these give temporary relief, but are in no sense curative; the reaction which follows their use intensifies the existing condition. Hence, they should not be employed.

In addition to the above measures, local treatment is sometimes advisable; by this I mean the use of suppositories and injections. These aim at producing an immediate evacuation of the bowel, but are in no sense curative, as they do not tend to promote a more regular action in future, which is the chief end desired. Injections of cold water are resorted to by many persons for the relief of constipation, but it soon becomes necessary to repeat the operation every day, and, if persisted in for a long time, the muscular coat of the bowel becomes weakened, and the condition is actually made worse. Even in young babies great dilation of the bowel and serious weakening of its muscular coat have often followed the daily use of the syringe. This method of treatment is not to be recommended in chronic cases. Authority is not wanting in support of this opinion.

Suppositories are also used, especially glycerine suppositories. These are easily introduced into the rectum, and, if retained a few minutes, will cause a thorough evacuation of the lower bowel. In children I find it extremely difficult to prevent the expulsion of the suppository before sufficient glycerine has been dissolved to excite peristaltic action. Glycerine is quite irritating to persons suffering with piles or where the rectum is hypersensitive from any cause. For the reasons enumerated above I rarely employ glycerine, either in the form of suppositories or as an injection. Before the introduction of glycerine suppositories I made use of suppositories containing oxgall; one or two grains of powdered oxgall was put in a hollow suppository. These were usually quite effective, but in some cases slightly irritating to the rectum.

The local measures described above are more especially adapted to cases of occasional constipation, such as result from a change of diet. With older children free indulgence in milk, where unaccustomed to its use, is frequently followed by severe constipation. This condition may exist for several days without causing serious inconvenience, when suddenly relief becomes imperative. In a case like this, it would be worse than folly to wait for the slow action of physic; immediate relief is demanded. Here, copious injections of soap and water, or the use of glycerine suppositories, would be the most rational treatment.

Of all the remedies for the cure of constipation, aloes deserves the first rank. Most of the old writers, and some modern ones, tell us that aloes frequently causes hemorrhoids,

and aggravates them when already existing. This is a tradition that has come down from the fathers, and is utterly without foundation. Given in the large doses that were formerly advised, it is no wonder that where hemorrhoids existed they should be made worse. Any powerful purgative is contra-indicated in such cases. Aloin is the so-called active principle of aloes, and bears the same relation to this drug that quinine does to cinchona bark. The dose, as a matter of course, is very much smaller. This remedy is now put up in the form of granules, tablets or little pills, containing one-tenth grain of aloin each, which, for the treatment and cure of chronic constipation, are far superior to anything that I am acquainted with. A child of eighteen months or over can now be taught to swallow one or two of these "candies," and when once made to understand that they must not be chewed, there will be no further trouble. One or two given at bed-time, and persisted with, for several weeks, will not only relieve, but I believe *cure*, the worst form of chronic constipation—not dependent upon mechanical obstruction—ever encountered. The remedy is simple; the result leaves absolutely nothing to be desired.

COMMON DISORDERS ATTENDING MATERNITY.

BY JOSEPH B. COOKE, M. D.

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ALTHOUGH the scope of this magazine is primarily designed to be limited to the interests of babyhood and childhood, the experiences of the expectant mother during the few months preceding the welcome birthday are so closely related to the well-being of the coming guest that a few hints concerning that period may be serviceable to many readers.

While pregnancy is, theoretically, a perfectly normal condition, it is a lamentable fact that the refinements of civilization and the sedentary habits of the majority of the women of the present day have, from a practical standpoint, transformed it almost into a diseased state of the body. Throughout its whole course it is attended by more or less functional disturbances and discomfort, and actual organic changes occur in quite a number of cases.

The lower we descend in the social scale, the fewer disorders of this nature do we encounter, and it is well known that the women of many savage tribes experience no difficulty whatever during either pregnancy or labor. Numerous well-authenticated instances of this kind are on record; for example, that of an Esquimau woman, which was told to the writer by an eye-witness to the occurrence. A large party of natives and Americans were traveling in the Arctic regions, on foot across the country. One day, as they were about to resume their journey, after having made a short halt for rest and dinner, it was noticed that a native woman belonging to the party remained behind. She erected a small shelter tent of skins, retired into it, and was delivered of a child, which she wrapped up in furs and bound on her back. She then proceeded at

a rapid pace to overtake the others of the party, doing so in a comparatively short time, though they were nearly a mile in advance.

Unfortunately, none of the readers of this article can ever, under similar circumstances, enjoy a tithe of the Esquimau woman's freedom from pain and suffering, but a great deal may be done to lessen the discomforts of pregnancy and the perils of labor. To accomplish this end, two things must be borne in mind.

First of all, a competent and reliable physician should be engaged as soon as pregnancy is suspected, and he should be consulted at least once a month (oftener if necessary) during the entire period of gestation. He will then be enabled to recognize from the start, and correct, if possible, any disorders that may arise, before they have gone far enough to endanger the life or health of the patient. A mal-position of the fœtus that might, at delivery, cause the loss of one or both lives, or at least necessitate a serious obstetrical operation, may often be rectified if taken in time.

The second point to be remembered is, that during the entire term of pregnancy, the greatest possible care and regularity must be observed in the matter of diet, exercise, dress and mode of living.

Many women, especially those pregnant for the first time, imagine that the numberless ailments they find themselves subjected to are but the natural concomitants of their condition, and must be endured in silence. This is a mistaken idea, for it may be safely said that any woman who in these circumstances promptly places herself under good medical care will find her condition rendered infinitely more endurable and comfortable than one who waits till the last minute before calling in a physician. The writer is not a very strong believer in "home treatment," even for apparently trivial affections; and it is not his purpose here to enter into more than a brief mention of a few of the disorders of pregnancy, together with some slight general advice that may prove of value.

Every pregnant woman should wear woolen underwear, reaching to her ankles and wrists, during the whole period of gestation. She should sleep in a flannel or woolen night-dress, or else wear at night a woolen under-vest with long sleeves, to protect her arms and shoulders. This rule applies to summer as well as winter, though, of course, the weight of the garments would vary with the season.

She should discard corsets or anything else tending to compress the chest or abdomen, wearing in their stead, if necessary, some form of abdominal supporter.

Particular attention should be paid to the bowels, care being taken to avoid either constipation or diarrhœa; and, should one of these conditions persist after a moderate amount of home treatment, the physician had best be consulted.

She should take daily gentle exercise (never to fatigue) in the open air whenever the weather permits.

Her meals should be served with perfect regularity, and should consist of nothing but plain, wholesome food, avoiding rich, highly seasoned dishes and those containing much starch or sugar.

She should retire and rise in good season, and take daily (preferably in the morning before breakfast) a warm tub or sponge bath, in order to keep the pores open and the skin in the best possible condition.

Anything that would tend to excite or irritate her should be carefully avoided, and her whole life should be made as peaceful and thoroughly happy as possible.

As to the special disorders that may arise, one of the most frequent is the "vomiting of pregnancy," or "morning sickness." This may vary all the way from slight nausea on rising, which is an almost constant phenomenon, to severe and dangerous vomiting of everything taken into the stomach. It usually appears during the second or third month, and lasts till "quickening" has occurred, but it may be present from beginning to end of the term. The milder forms may often be relieved by the ingestion of a small amount of milk or weak tea and toast taken before the patient raises her head from the pillow in the morning; but any severe or pro-

tracted attack should be referred to a physician.

There is probably no more terrible disease complicating gestation than eclampsia, and numerous theories have been advanced to explain its causation and relation to the "albuminuria" or "Bright's disease" of pregnancy, which latter affection is usually a purely temporary condition, disappearing immediately after delivery. Fortunately, this dread disease is relatively not common and gives, as a rule, certain well-marked premonitory symptoms or "danger signals," which, if known in time, may enable the physician to ward off the attack. Eclampsia occurs more frequently in private practice than in hospital cases, for the reason that the latter class of patients is under constant surveillance, and the attacks are often anticipated and prevented.

It would not be wise to attempt, in these pages, a detailed description of this condition, for it is altogether too serious a matter to be treated at home, even in its most incipient stages; but some of its prominent symptoms may be mentioned in order that the patient may be warned in time to consult her physician. Eclampsia is a peculiar form of convulsion, resembling an epileptic fit, occurring usually during the latter months of pregnancy. It is very severe in character and may cause the death of both the mother and the child in the first attack. It is almost always preceded by a certain amount of albumen in the urine—to be determined, of course, by chemical test—together with the following symptoms:

Headache, chiefly in the forehead and over the eyes, increasing from day to day in severity and frequency. This alone is a very important symptom. *Digestive Disorders*, nausea and sometimes vomiting, which must not be confounded with the "morning sickness," occurring earlier in pregnancy. Constipation and loss of appetite are also common. *Disturbances of Sight;* at first, minute specks and threads may be seen floating in front of the eyes, and, later, the vision may become actually impaired. These symptoms are also of great moment. *Œdema*, or swelling of the lower eyelids, is also a prominent danger signal. This puffiness extends over the rest of the face, and, later, to the hands and feet, causing shoes and finger rings to become uncomfortably tight. Swelling of the legs is not, however, of special importance, unless it is accompanied by the same condition of the lower eyelids and face.

The presence of any one of the above symptoms should be sufficient to warrant the immediate notification of the physician, under whose constant care the patient should remain until the birth of her child.

In case an eclamptic convulsion should come on in the absence of a medical attendant, do not attempt to hold or restrain the patient, except so much as may be necessary to prevent her injuring herself. Force a twisted towel between her teeth so that she will not bite her tongue, and send at once for the nearest physician. When the fit is over, leave her wherever she may be and wait for the doctor. Do not touch her in any way or speak aloud in her hearing, or, in fact, make the slightest sound or disturbance of any kind; such a procedure will, in all probability, bring on another attack at once, and if she has survived the first she must not be subjected to the dangers of a second.

A more common occurrence in pregnancy is syncope or fainting. A patient in a faint should be placed at once flat on the floor, or on a bed or lounge, with the feet raised higher than the head, and the clothing loosened at the throat and waist, so as to permit free respiratory movements of the chest and abdomen. An easy way to elevate the feet is to lift up the foot of the bed or couch and place a chair under it. Nothing should be put under the patient's head to serve the purpose of a pillow, as the essential point is to get it as low as possible and allow the blood to return to the brain. After consciousness has returned, a small amount of whiskey, or brandy, and water, may be given; but if the attack be repeated, the physician should be advised of it.

In addition to the morbid processes already mentioned, there are a few others that may be briefly considered.

Constipation is quite a common occurrence,

and should be overcome by mild laxatives and the observance of a regular time each day for emptying the bowels. Diarrhœa, though not so frequent, is a more serious matter, as it is apt to induce painful contractions of the uterus. It should not be allowed to persist, and medical advice should be sought if it is not speedily controlled by home remedies.

Hemorrhoids, ptyalism or a profuse flow of saliva, toothache, disorders of respiration, palpitation of the heart, nervous troubles, hysteria, headache and neuralgia are all more or less inconvenient, to say the least, and, if persistent, should be turned over to the physician for treatment.

Pain in the breast, a form of neuralgia, is often observed. Paralysis of different parts of the body may occur, but usually disappears a short time after labor. Still, it should not be neglected. Chorea, or St. Vitus' Dance, is sometimes seen, and is always a serious matter. It is more apt to occur in those women who have suffered from it earlier in life, and the physician should be notified at once of its existence.

Irritability of the bladder is a very distressing complication, causing great loss of sleep and strength on account of the necessarily frequent attempts at micturition.

Incontinence of urine is often present with women who have borne many children. A profuse leucorrhœal discharge is quite a frequent occurrence; but, unless it becomes very annoying, it is not of great consequence.

All the disorders arising from the pregnant state have, by no means, been touched upon, only the more important ones having been considered. The main points the writer hopes to impress upon his readers are that during pregnancy, they should be, as far as possible, under medical care; and that, in the event of the impracticability or impossibility of such attendance, they may be able, to a certain limited extent, to recognize, if they exist, the conditions that render the advice of a physician absolutely necessary.

THE PREVENTION OF DISEASE IN CHILDREN.

BY WILLIAM B. CANFIELD, M.D., BALTIMORE, MD.

ALTHOUGH the germ theory of disease has done much to clear up obscure points in the history of medicine, it has made as yet little change in the actual treatment of disease. But it has brought out one point very strongly, and that is that prevention is better than cure. Physicians have of late taken up the study of preventive medicine and hygiene with more scientific accuracy, and the result has been that the death rate in many diseases has been lowered; and even when no more active or efficient drugs have been discovered, the intelligent application of what we know about preventive medicine has not only lessened mortality, but has even lengthened life. We have learned the actual causes of many of the diseases, and know something of the life history and action of these germs.

Consumption, typhoid fever, malaria and yellow fever are not transmitted from one person to another; but the organisms of these diseases are able to live and even grow outside of the body, and when many persons in a locality have one of these diseases, it is probably because they all get it from the same cause rather than that one gets it from another. On the other hand, in the case of the eruptive diseases, diphtheria and whooping cough, these are transmitted from one person to another, and are ranked as contagious.

By a careful study of the air, water and food which our patients breathe and consume, of

their clothing and habitation and of the climate in which they live, we obtain many facts to help us in the treatment of disease. As a usual thing disease attacks by preference those who are sick and weak, and the strong fall victims to disease only when they are too careless and negligent, or undergo needless exposure. The mother should seek to keep her children in the healthiest condition possible. Two vitally important things which are usually neglected are ventilation and heating. In summer, heating is usually superfluous, and ventilation is provided for by the open windows and doors; but in winter, houses are not always heated and ventilated as they should be. No air in a large city is particularly fresh, but all air from the outside is generally purer and better than that in the house. Most houses are heated by means either of stoves and furnaces or of fireplaces and open grates. An open fire always creates a draft and keeps the air moving slowly through the room, but in very cold weather it does not heat the whole room.

The fault with furnaces is that the air supply is not great enough. The pure, fresh air should be drawn from some outside source, and then, by passing through the heated furnace, it is warmed slightly and conducted to the rooms in the house. This warmed air is also fresh, and that is what most persons forget, having the idea that warm air is not pure. As the supply of this air is not sufficient to keep the air in the room perfectly fresh, and as it is usually heated to too great a temperature, more air has to be brought in by opening the windows or doors. The temperature of a room in which children live should be at about 68 degrees Fahr. in the day, and a little lower in the bedroom. No room should ever be ventilated from another one, but directly from the outside. At times in very cold weather there is enough ventilation through the cracks of the windows without opening them. Children who are not well should have a room slightly warmer than just stated.

We are all equally exposed to the attacks of disease germs; and if there were no protection, we would all have all the diseases at once. How are we protected? Various theories have been brought forward to show how we escape disease, and the whole matter may be brought down to this: We should keep ourselves in as healthy a condition as possible, and then, when exposed, we are more apt to escape. If disease is around us, we should use means to protect ourselves, and to this end disinfectants are indispensable.

A disinfectant is that which will destroy or render inactive the germ which causes the particular disease against which we seek to protect ourselves and our children. Undoubtedly the best disinfectant is heat. Fire and even heat, if properly used, will destroy all known bacteria. During or after any of the most infectious diseases all articles and everything that has been used about the patient should be burned if feasible. If not burned, then they may be subjected to prolonged dry heat, which disinfects the surfaces, although not the insides. Steam under pressure is an excellent means for disinfecting such things as bedding and mattresses. Boiling for one to two hours will also disinfect such articles as sheets, handkerchiefs, etc.

Of the various chemical disinfectants, a five per cent. carbolic acid solution is the best. A solution of the bichloride of mercury (also called corrosive sublimate) is likewise a very powerful disinfectant, but not now considered as reliable as was formerly thought. These are excellent in disinfecting the stools in typhoid fever and other diarrhœal diseases, and the expectoration in consumption, and are much used in surgical operations. The fumes of sulphur are a very effective means of disinfecting a room in which there has occurred a case of one of the eruptive diseases. After everything possible in the room has been disinfected by other means and the room has been vacated, the doors and windows are closed while a lump of sulphur is allowed to burn on a brick, which is placed in a pan of water. After twenty-four hours the room is opened, and after the air has been allowed to enter and the room has been thoroughly ventilated, the convalescent patient may occupy it again. It is not

well for others to use the rooms for six or eight weeks after the disappearance of the disease.

Ventilation is always a good means of preventing disease, for by it the air is not only made purer, but the number of disease germs is diluted and the danger of infection is lessened. As children catch so many diseases at school, it is very important to see that the convalescent child, as well as the well ones in the house, do not go to school again until all danger is passed. Whooping cough, mumps, chicken-pox and German measles are not considered very dangerous, and no particular precautions are taken to keep children at home when these diseases are in the house, or when they themselves have just recovered from one of these diseases. The dangerous diseases are smallpox, diphtheria, scarlet fever and measles. As a rule, there is always danger of giving the disease as long as the scaling or peeling is going on, and this, as is well known, is at times very protracted. In general it may be said that four or five weeks after the beginning of the last case in any family is long enough to wait, and after that the child may go to school.

While no particular precautions are taken against such diseases as ringworm and mattery eye troubles, these should always be looked out for and guarded against. When a child is known to have been exposed to a disease, it should be kept from other children for at least two weeks to see if the disease develops.

If the mother cultivate her powers of observation, and note the changes in her children when they are sick, she materially assists the physician and often lightens the illness of her children.

PROFESSOR G. STANLEY HALL ON MORAL EDUCATION AND WILL TRAINING—II.

PROF. HALL wisely says: "We must not forget that even morality is relative, and is one thing for adults and often quite another for children. The child knows nothing of absolute truth, justice or virtues. The various stimuli of discipline are to enforce the higher though weaker insigths the child has already unfolded, rather than to engraft entirely unintuited good. The command must find some ally, feeble though it be, in the child's own soul. We should strive to fill each moment with as little sacrifice or subordination as mere means or conditions to the future as possible, for fear of affectation and insincerity. But, yet, the hardier and sounder the nature, the more we may address training to barely nascent intuitions, with a less ingredient of immediate satisfaction, and the deeper the higher element of interest will be grounded in the end. The child must find as he advances towards maturity that every new insight or realization of his own reveals the fact that you have been there before with commands, cultivating sentiments and habits, and not that he was led to mistake your convenience or hobby for duty, or failed to temper the will by temporizing with it. The young are apt to be most sincere at an age when they are most mistaken, but if sincerity be kept at its

deepest and best, error will be least harmful and easiest overcome. If authority supplement rather than supersede good motives, the child will so love authority as to overcome your reluctance to apply it directly, and as a final result will choose the state and act you have pre-formed in its slowly widening margin of freedom, and will be all the less liable to undue subservience to priest or boss, or fashion or tradition later, as obedience gives place to normal, manly independence.

"In these and many other ways everything in conduct should be mechanized as early and completely as possible. The child's notion of what is right is what is habitual, and the simple, to which all else is reduced in thought, is identified with the familiar. It is the primitive stratum of habits which principally determines our deepest beliefs—which all must have over and above knowledge—to which men revert in mature years from youthful vagaries. If good acts are a diet and not a medicine, are repeated over and over again, as every new beat of the loom pounds in one new thread, and a sense of justice and right is wrought into the very nerve-cells and fibers; if this ground texture of the soul, this 'memory and habit-plexus,' this sphere of thoughts we oftenest think and acts we oftenest do, is early, rightly and indiscerptibly wrought, not only does it become a web of destiny for us, so all-determining is it, but we have something perdurable to fall back on if moral shock or crisis or change or calamity shall have rudely broken up the whole structure of later associations. Not only the more we mechanize thus, the more force of soul is freed for higher work, but we are insured against emergencies in which the choice and deed is likely to follow the nearest motive, or that which acts quickest, rather than to pause and be influenced by higher and perhaps intrinsically stronger motives. Reflection always brings in a new set of later-acquired motives and considerations, and if these are better than habit-mechanism, then pause is good; if not, he who deliberates is lost. Our purposive volitions are very few compared with the long series of desires, acts and reactions, often contradictory, many of which were never conscious, and many once willed but now lapsed to reflexes, the traces of which, crowding the unknown margins of the soul, constitute the organ of the conscious will.

"It is only so far as this primitive will is wrong by nature or training, that drastic reconstructions of any sort are needed. Only those who mistake weakness for innocence, or simplicity for candor, or forget that childish faults are no less serious because universal, deny the at least occasional depravity of all children, or fail to see that fear and pain are among the indispensables of education, while a parent, teacher, or even a God, all love, weakens and relaxes the will. Children do not cry for the alphabet, the multiplication table is more like medicine than confectionery, and it is only affected thoroughness that omits all that is hard. 'The fruits of learning may be sweet, but its roots are always bitter,' and it is this alone that makes it possible to strengthen the will while instructing the mind. The well-schooled will comes, like Herder, to scorn the luxury of knowing without the labor of learning. We must anticipate the future penalties of sloth as well as of badness. The will especially is a trust we are to administer for the child, not as he may now wish, but as he will wish when more mature. We must now compel what he will later wish to compel himself to do. To find his habits already formed to the same law that his mature will and the world later enjoin, cements the strongest of all bonds between mentor and child. Nothing, however, must be so individual as punishment. For some a threat at rare intervals is enough, while for others, however ominous threats may be, they become at once 'like scarecrows, on which the foulest birds soonest learn to perch.' To scold well and wisely is an art by itself. For some children pardon is the worst punishment; for others, ignoring or neglect; for others, isolation from friends, suspension from duties; for others, seclusion—which last, however, is for certain ages beset with extreme danger—and for still others, shame from being made conspicuous. Mr. Spencer's 'natural penalties' can be

applied to but few kinds of wrong, and those not the worst. Basedow tied boys who fell into temptation to a strong pillar to brace them up; if stupid and careless, put on a fool's cap and bells; if they were proud, they were suspended near the ceiling in a basket, as Aristophanes represented Socrates. Two boys who quarreled were made to look into each other's eyes before the whole school till their angry expressions gave way before the general sense of the ridiculous. This is more ingenious than wise. The object of discipline is to avoid punishment, but even flogging should never be forbidden. It may be reserved, like a sword in its scabbard, but should not get so rusted in that it cannot be drawn on occasion. The law might even limit the size and length of the rod, and place of application, as in Germany, but it should be of no less liberal dimensions here than there. Punishment should, of course, be minatory, and reformatory, and not vindictive, and we should not forget that certainty is more effective than severity, nor that it is apt to make motives sensuous, and delay the psychic restraint which should early preponderate over the physical.

"But will-culture for boys is rarely as thorough as it should be without more or less flogging. I would not, of course, urge the extremes of the past. The Spartan beating as a gymnastic drill to toughen, the severity which prevailed in Germany for a long time after its Thirty Years' War,* the former fashion in so many English schools of walking up not infrequently to take a flogging as a plucky thing to do, and with no notion of disgrace attaching to it, shows at least an admirable strength of will. Severe constraint gives poise, inwardness, self-control, inhibition, and *noluntas*, if not *voluntas*, while the now too common habit of coquetting for the child's favor, and tickling its ego with praises and prizes, and pedagogic pettifogging for its good will, and sentimental fear of a judicious slap to rouse a spoiled child with no will to break, to make it keep step with the rest in conduct, instead of delaying a whole schoolroom to apply a subtle psychology of motives on it, is bad. This reminds one of the Brahmin who sweeps the ground before him lest he unconsciously tread on a worm. Possibly it may be well, as Schleiermacher suggests, not to repress some one nascent bad act in some natures, but let it and the punishment ensue for the sake of Dr. Spanckster's tonic. Dermal pain is not the worst thing in the world, and by a judicious knowledge of how it feels at both ends of the rod, by flogging and being flogged, far deeper pains may be forefended. Insulting defiance, deliberative disobedience, ostentatious carelessness and bravado, are diseases of the will, and, in very rare cases of Promethean obstinacy, the severe process of breaking the will is needful, just as in surgery it is occasionally needful to rebreak a limb wrongly set, or deformed, to set it over better. It is a cruel process, but a crampy will in childhood means moral traumatism of some sort in the adult. Few parents have the nerve to do this, or the insight to see just when it is needed. It is as some one has said, like knocking a man down to save him from stepping off a precipice. Even the worst punishments are but very faint types of what nature has in store in later life for some forms of perversity of will, and are better than sarcasm, ridicule, or tasks, as penalties. The strength of obstinacy is admirable, and every one ought to have his own will; but a false direction, though almost always the result of faulty previous training, when the soul was more fluid and mobile, is all the more fatal. While so few intelligent parents are able to refrain from the self-indulgence of too much rewarding or giving, though it

* Those interested in school statistics may value the record kept by a Swabian schoolmaster named Hauberle, extending over fifty-one years and seven months' experience as a teacher, as follows: 911,527 blows with a cane; 124,010 with a rod; 20,989 with a ruler; 136,715 with the hand; 10,295 over the mouth; 7,905 boxes on the ear; 1,115,800 snaps on the head; 22,763 nota benes with Bible, catechism, hymn-book and grammar; 777 times boys had to kneel on peas; 613 times on triangular blocks of wood; 5,001 had to carry a timber mare; and 1,701 hold the rod high—the last two being punishments of his own invention. Of the blows with the cane 800,000 were for Latin vowels, and 76,000 of those with the rod for Bible verses and hymns. He used a scolding vocabulary of over 3,000 terms, of which one-third were of his own invention.

injures the child, it is perhaps too much to expect the hardihood which can be justly cold to the caresses of a child who seeks, by displaying all its stock of goodness and arts of endearment, to buy back good-will after punishment has been deserved. If we wait too long, and punish in cold blood, a young child may hate us; while, if we punish on the instant, and with passion, a little of which is always salutary, on the principle, *ohne Affect kein Effect*, an older child may fail of the natural reactions of conscience, which should always be secured. The maxim *summum jus summa injuria*, we are often told, is peculiarly true in school, and so it is; but to forego all punishment is no less injustice to the average child, for it is to abandon one of the most effective means of will-culture. We never punish but a part, as it were, of the child's nature; he has lied, but is not therefore a liar, and we deal only with the specific act, and must love all the rest of him.

"And yet, after all, indiscriminate flogging is so bad, and the average teacher is so inadequate to that hardest and most tactful of all his varied duties, viz., selecting the right outcrop of the right fault of the right child at the right time and place, mood, etc., for best effect, that the bold statement of such principles as above is perhaps not entirely without practical danger, especially in two cases which Madame Necker and Sigismund have pointed out, and several cases of which the present writer has notes. First, an habitually good child sometimes has a saturnalia of defiance and disobedience; a series of insubordinate acts are suddenly committed which really mark the first sudden epochful and belated birth of the instinct of independence and self-regulation, on which his future manliness will depend. He is quite irresponsible, it is never repeated, and very lenient treatment causes him, after the conflict of tumultuous feelings has expanded his soul, to re-act healthfully into habitual docility again, if some small field for independent action be at once opened him. The other case is that of *ennui*, of which children suffer such nameless qualms. When I should open half a dozen books, start for a walk, and then turn back, wander about in mind or body, seeking but not finding content in anything, a child in my mood will wish for a toy, an amusement, food, a rare indulgence, only to neglect or even reject it petulantly when granted. These flitting "will-spectres" are physical, are a mild form of the many fatal dangers of fatigue, and punishment is the worst of treatment. Rest or diversion is the only care, and the teacher's mind must be fruitful of purposes to that end. Perhaps a third case for palliative treatment is, those lies which attend the first sense of badness. The desire to conceal it occasionally accompanies the nascent effort to reform and make the lie true. These cases are probably rare, while the temptation to lie is far greater for one who does ill than for one who does well, for fear is the chief motive, and a successful lie which concealed would weaken the desire to cure a fault."

NURSERY HELPS AND NOVELTIES.

Dressing the Baby on a Table.

I HAVE found an invaluable method for sponging and dressing my baby. I am short and stout, and, therefore, have no lap on which to hold his lordship, who is six months old and very active. A friend made the suggestion, and, as I have not seen anything like it spoken of in THE MOTHER'S NURSERY GUIDE, I would like to recommend it to other mothers who may, for various reasons, find it a difficult matter to dress their babies on their laps.

I have a table, about 2½ feet wide by 3 in length, in my bathroom, and on it is a large blanket folded four times. About 2 feet above the table is a shelf, on which are a powder box, hair brush, vaseline, sweet oil, borax, a glass, and a pin-cushion. After his bath in the tub, the baby is lifted to the table on which is spread his bathing sheet, which is wrapped around him, and in a few minutes he is thoroughly dried. He can kick to his heart's content without any fears of being dropped on the floor, and his head is well supported instead of hanging over one's knee.

I am convinced that he is far happier during that trying process, and it has made his toilet a real pleasure.

Cheyenne, Wyoming. A. L. S.

A Tent for Windy Weather.

HAVE any of the mothers who live where a cool wind often blows tried at that time a *tent* for Baby? If not, I am quite sure they would feel repaid for the trouble and expense of having one put up.

Select for the tent a sunny, sheltered spot in the garden, where all the surroundings are dry, clean, and healthful. If no floor is made, spread a large square rug or piece of carpet the size of the tent on the ground. Put up the tent so that the open side will be opposite the direction from which the wind comes, and keep the "doors" wide open, that the air within may be as pure and fresh as that outside. Here Baby, warmly clothed, may enjoy and be benefited by hours of outing that otherwise he would be deprived of; and if there are older children, it will give them much delight.

Mamma, or nurse, will find a comfortable place to sit, for she can have easy chairs moved out, together with her work-basket, if desired, and many other conveniences.

Oakland, Cal. F. B.

Winter-Night Luxuries for the Baby.

HAVE a crib without rockers, with one side to let down next to the bed occupied by mother or nurse. Have a wire mattress, and on top of this a hair mattress. Over this spread a piece of white rubber cloth, 18 inches by 24. Bind this cloth with tape. Make up the bed with a cotton blanket under the sheet. Use cotton sheets and linen pillow-cases.

Have a small, round bolster, the width of the crib, to place above the pillow to prevent Baby from injuring his head against the woodwork of the crib, and another bolster the length of the crib to cover any unevenness between the crib and large bed. A down pillow, 12 x 16 inches, next to the side of the crib which is not let down, will save Baby's head from the woodwork in that direction. This pillow-case can be used in Baby's carriage when he goes out.

For covering, but not to be made up on the crib (the blankets to be used separately or together, according to the temperature of the room), provide one soft wool double baby

blanket, two squares (1 square yard each) of ordinary flannel, and two blankets 36 x 53 inches each, of a material called English serge (two of each kind, to give a change). If you cannot afford this material, use very heavy flannel doubled. Bind all of these coverings (except the double blanket, which can be bought bound) with silk flannel binding.

Robe Baby for the night in a nightdress made simply with a few pleats in front, and fastened in the back, a narrow Hamburg edge around neck and sleeves; and a flannel petticoat, the back width made longer than the front and turned up and buttoned across the front width. Six buttons are sufficient. Bone buttons are preferable to pearl, as they do not wear out the button holes.

For the winter, Baby should wear a high-neck and long-sleeved flannel or wool shirt, and for warm weather a low-neck and short-sleeved gauze; also a loose band of flannel, not as a bandage, but as a protection for the abdomen, this to be changed to a band of thin gauze flannel for warm weather.

A good thermometer should hang about midway in Baby's sleeping room and should be studied carefully to regulate the bed covering.

The writer has found the following rules excellent for regulating the covering on a baby over five months in a house comfortably heated by combined hot air and steam. The register is, of course, closed when Baby retires:

At 70 degrees: A square of flannel around the feet, sheet and spread drawn up almost to the arms.

At 68 degrees: Same covering, with additional blanket of English serge across the feet.

At 66 degrees: Same covering as for 68 degrees, with additional single wool baby blanket.

At 60 or 58 degrees: Same covering as for 68 degrees, with double wool baby blanket, all the covering well drawn up to the neck.

As Baby is apt to throw his arms out from under the cover, when the thermometer is 68 degrees or below, he should wear a flannel sacque in addition to the night clothes already mentioned.

If the outside air is not too cold, a window in the sleeping room should be raised about a half inch and a screen placed before it. It is well to have a transparent glass thermometer on brackets outside of the window (there is one made by Taylor Bros., Rochester, N. Y., price, $1.25).

These rules may not suit all babies, but the plan of not having the covering made up on the crib is a good one, and the mother or nurse can easily tell from feeling Baby's forehead and hands if he is too cool or overheated. The average young mother covers Baby up to his chin with the cover on the crib, which generally consists of a sheet, double blanket and spread, and finds later, perhaps, that he, uncomfortable little fellow, has squirmed about, his forehead and hands damp, and the indentation in his pillow wet with perspiration.

At night the cover not in use should hang at the foot of the crib, where the watchful mother or nurse can reach out and draw it over Baby as the temperature of the room demands. P. L.

Washington, D. C.

Bath-Tub Notes.

IF any of the mothers who read the NURSERY GUIDE have not used bathing mittens for their little ones, let me urge them to try them. My little girl, nineteen months old, has a pair crocheted of coarse knitting cotton, and fitting loosely. She already washes her face, ears and neck with a good deal of skill, and enjoys using them greatly. I knew a little boy of five who bathed himself entirely, very deftly and quickly, not only saving his mother some time and trouble, but adding greatly to his own enjoyment of his bath.

I wish to speak also of the great benefit to my children from the carrying out of Dr. Baruch's suggestions about bathing. After the warm bath, cold water is gradually added, and the water as it cools thrown over the child, after which he is quickly dried and well rubbed. My baby of five months comes out of this process glowing, and his older sister

is fast changing from a frail baby to a robust child, quite safe from taking cold from any ordinary exposure. M.

Concord, Cal.

The Hammock as a Crib.

I WONDER how many of my sister mothers have discovered what an advantage it is to possess a hammock. To anyone who is obliged to economize space it may be made into a nice, soft and cool bed at night, while during the day you can use it yourself to rest in while Baby is out, or fold it up and put it away out of sight. It can also be slung across a room to give quite an artistic appearance with cushions arranged inside.

In order that Baby may not fall out, take a long tape or ribbon and tie it across twice or thrice, loosely, and the child is secure.

I have used one for eight months, and have found it very satisfactory, dispensing with a bed or crib, which would leave very little play space for the baby. I do not rock my little girl to sleep, but just lay her down and she is quite content. When the idea of a hammock first suggested itself to me, I had fears that Baby would become accustomed to its motion when she moved and would not be content to sleep in what we have come to call a "stationary bed," till I recollected that children when well move very little in their sleep, and, as long as they are comfortable, sleep peacefully and quietly.

Mothers who have accustomed their children to being rocked to sleep will find Baby willing to submit to being rocked in the hammock, thus giving rest to already too tired arms. One mother to whom I suggested it, said to me, "I just sit down in my chair now, tie a ribbon to the side of the hammock, and pull it, rocking Edwin to sleep far more comfortably and coolly than in my arms. He likes it very much." At least, it is worth a trial; for hammocks are very inexpensive.

New York City. C. M. L.

A Creeping-Box.

PERHAPS some mother who is expecting a winter baby may like to add a creeping-box to her other preparations. This is made of light pine wood, planed very smooth, and the outside painted or not as desired. The dimensions depend largely on the accommodations of the nursery or bedroom, and the size of the nurse's or mother's bed, for, where not in use, this somewhat cumbersome article is kept like a "trundle" under the bed. Let us suppose the bed to be 4 x 6 feet; have the bottom of the box made to fit, with sides a foot high, or more if the height of the bed from the floor will allow of it. If this is too low, have the carpenter turn out four thick wooden saucers and stand the bedposts on those to raise it. As the box is designedly light, have it strengthened by braces in the inner corners, and pad these and the inner sides and top edges with cotton batting or wool wadding, covered with some gay chintz, making sure that the colors are *fast*. The bottom is best covered with a folded "comforter" or shawl, as, for obvious reasons, this may require frequent changing.

Into this safe nest you may put your six-weeks-old baby, sure that he is protected from drafts or bumps, and can freely kick about and learn to use his legs as well as his arms.

Jamaica Plain, Mass. M. W. F.

A New Baby Jumper.

A RECENTLY devised nursery aid is called the Health Baby Jumper. It consists of a sort of combination of saddle and bodice, in which the child may be comfortably placed (so poised that the toes just touch the floor), suspended by a spring of suitable tension from the ceiling. It is claimed that in this a baby may be safely left alone a few minutes if necessary, and that it combines various advantages and is free from many of the disadvantages of the old-style baby jumpers, which have been ostracized by physicians. It is made by the Durham Health Baby-Jumper Company, 1385 Bedford avenue, Brooklyn, N. Y. Its price is $1.50; if by mail, 50 cents extra for postage.

A Table for the Sickroom.

A SWINGING, adjustable table which can be readily attached to the bed-rail or detached and taken apart in an instant is a con-

venience which will be appreciated in every sickroom. Food may be placed upon it and the table swung around in front of the patient, who takes it at leisure without fear of upsetting or spilling. When done with it, a gentle push will swing it out of the way, there to await the convenience of the attendant. The table described has an adjustable bracket, which will fit any sized bedrail, and the table itself can be adapted to any position and raised or lowered as desired.

The table, complete with fixtures, costs $2.25 in poplar, or $2.75 in oak, walnut or cherry. The Comfort Table Company, 17 South Third street, Easton, Pa., are the manufacturers.

NURSERY PROBLEMS.

Forming an Early Habit.

To the Editor of THE MOTHER'S NURSERY GUIDE:

I have read and profited by your magazine since the birth of my only child, in May, 1891; and now beg your advice in a matter that at present is of the utmost importance to me. My baby boy has never had a day's illness in his life. Every doctor who has chanced to see him exclaims, "What a perfectly normal child." I have been trying for months to teach him to tell me when he wants to urinate, and my efforts have proved useless. He uses his nursery chair early in the morning, and since early in the winter has never soiled a diaper, except when cutting his first two teeth. He frequently wets in his chair if we can watch him and sit him on it, but never makes the least sign. Is there any way in which I can teach him to tell me?

New Brighton, N. Y. M. C. D.

There is nothing strange or unusual in a child of his age not giving notice. The bladder often acts in children very quickly owing to difference in the relative position of the back of the organ to its outlet, from the adult conditions, and a child busy at play or anything else does not notice even the slight warning it has. The way to teach is to persist and you will finally succeed.

Too Quick Feeding.

To the Editor of THE MOTHER'S NURSERY GUIDE:

I would like to ask how fast a baby should take its food? My little girl, just seven months old, often takes 6 ounces in five minutes. She is healthy and seems to feel no inconvenience from it. I have lately been in the habit of enlarging the hole in the end of the rubber nipple as it seemed almost impossible for her to draw the milk through it unless I did so. Am I making a mistake?

Thomaston, Me. E. C. C.

You probably have carried the enlargement too far. Slow feeding is preferable, and fifteen minutes better than five. Something will depend upon the character of the food as to thickness and digestibility, but the rule remains that too hurried ingestion of food in the long run impairs the digestion.

Nervous Irritability.

To the Editor of THE MOTHER'S NURSERY GUIDE:

I would like some advice respecting my little girl two years old. She is very bright, but highly nervous and excitable, and lately has shown great fretfulness. Any crossing of her will results in violent passion. She has sixteen teeth. She has always been exceedingly wakeful, at times being wide awake for hours during the night, but quite happy. She has usually two hours' sleep in the day. With myself she is always happy, but when out of my presence she calls continually for me and cries most piteously although I am sure she is treated with great kindness by the servants. These little troubles have been more apparent since I took her on a railway journey, which caused her terrible alarm. She has had a mild form of rickets, but by closely following the doctor's orders respecting her diet she seems to have outgrown it. Her legs are not

very strong. She has suffered more or less from constipation.

Her diet consists of: Breakfast, bread and milk; lunch, milk, bread and butter; dinner, milk pudding, such as rice or sago, with the addition of a newly laid egg sometimes; tea, bread and milk. The reason I give her the two meals of bread and milk is because she is so fond of it and eats it with such relish; she dislikes gravy; she has had fruit juice, strained, with her dinner during the summer; she drinks water on waking and during the day when thirsty. Will you advise me—

(1) Is her diet suitable for her requirements—ought I to add vegetables?

(2) Is there any cause for anxiety in respect to her temper?

(3) Do you think the railway journey has affected her nervous system?

England. AN ANXIOUS MOTHER.

(1) We think that the dietary is not at fault, and we certainly do not think vegetables called for. If her dislike for gravy does not extend to good broth of mutton, with rice or barley in it, we would add it as a variety; and we think, in view of the constipation, and to get some of the elements of grains not found in ordinary white bread, that oatmeal porridge would be of advantage.

(2) Probably not, if the fits of passion are not allowed to become excuses for indulgence. In other words, if she does not find that she gains her points by anger. If a child finds that ill-temper is profitable, it is likely to be continued and be mischievous. If, however, points of collision are dexterously avoided (and if she must be crossed, it should be by substituting another object or direction of desire rather than by an abrupt crossing or refusal) a good deal of irritation may be avoided. The case seems to be not a serious one. An irritable, nervous system, either so by birth or as the result of the poor nutrition (rickets), and all this aggravated by poor sleep, will explain it all. Very possibly the approach of "the two-years-old teeth" (second molars) may be the occasion of the present special irritability. An aversion to all servants, however kind, is not rare in such cases, owing mainly we think to want of tact on their part; and a morbid desire for mother only is very common when children are ill. Beside examining the gums, it would be well to see if any other source of irritation (especially in the intestinal canal, such as undigested food, worms, etc.) may exist. And further, some judiciously selected tonic may cure the whole trouble.

(3) Not permanently. Any fright is, of course, to be avoided, if possible, in such a child.

Retarded Development.

To the Editor of THE MOTHER'S NURSERY GUIDE:

I would like to ask you what you would consider a suitable dietary for my eighteen-months-old baby. She has been rather a delicate child. I nursed her for seven months, and have since tried various foods. Of late she has been eating cream, salted, with a small pinch of soda added, and bread crusts thoroughly browned in the oven, but it does not seem as if a milk diet agreed with her. She is badly troubled with wind at all times, and her bowels are first loose and then constipated. She has but four teeth, though two more are nearly through. She weighs just 18 pounds, and every one calls her such a tiny girl.

I have a competent physician whose advice I try to follow, but I thought possibly you might suggest something that would be good for her. Occasionally she has mush, a soft egg and broths; but it does not seem as if any change in her food made any change in her condition. She is not ill, sleeps well and is usually hungry, though a very little satisfies her. She is fed every three and a half hours. Any suggestions will be gladly received.

What do you think of lemonade for children of her age, or under three years, if not too cold?

Milwaukee, Wis. WINIFRED E. POWELL.

The child presents these peculiarities of delayed development: She weighs but 18 pounds at eighteen months, a weight often reached at six months, and which the average child reaches by about nine months; she has delayed teething, having but four teeth, while the average child has twelve, or perhaps (if the canines have come) sixteen. The alternating diarrhœa and constipation are not uncommon with this delayed teething.

Now, it seems to us that you do not need a dietary in the ordinary sense, but that a child whose weight and dentition seem about those of a child of nine months should have the diet of that age, which would be some preparation of milk, diluted, and perhaps peptonized. In view of the evident difficulty of nutrition it is quite probable that some such thing as milk prepared with the peptogenic milk powder would be the best. We should certainly not expect her to digest bread crusts or eggs or anything but liquids.

About lemonade we have only this to say:

For all young children, even if robust, the question is not how many things can they take, but upon how few can they be properly nourished. Unless lemonade is prescribed as a medicine it can do no good and may do a great deal of harm.

Free-flowing Breasts.

To the Editor of THE MOTHER'S NURSERY GUIDE:

Will you kindly tell me through your valuable magazine whether you know of anything to prevent my milk from running away? I have plenty for my two-months-old baby, but instead of my breasts holding the milk until I nurse her, it runs away so that my clothes are soaked to the knees; then, when Baby is ready to be nursed, there is not enough for her, besides making me very susceptible to cold on account of being continually damp. I am wearing breast glasses, but they fill up and run over before I have a chance to empty them. Do you know of anything to answer the purpose better? My general health is good, and I am fairly strong.

Montreal, Can. M. N. B.

We doubt if we can give you any very valuable hint. Evidently the flow of milk is very free. The only things we can suggest, beside the breast glasses, are the support of the breasts to prevent gravitation increasing this tendency of the milk to flow out, and the careful avoidance of any pressure upon the front, sides and upper surfaces of the breasts. By these devices their containing capacity may be somewhat increased.

Sterilizing Apparatus.

To the Editor of THE MOTHER'S NURSERY GUIDE:

In your August number an article called "A Visit to a German Sterilizing Laboratory," by Mrs. Felix Adler, tells of the new bottle and cork invented by Professor Soxhlet. Can you tell me where this apparatus can be purchased? The writer states the price ($4) complete, but does not tell where it can be found. As I live in the country, I cannot "shop" for it.

A SUBSCRIBER.

The sterilizing apparatus described is not, in our judgment, the latest or best. We have recently published so many descriptions of the most approved methods adopted in this country, that we assumed, in printing the article alluded to, that our readers would understand that its interest lay rather in the pleasing account of the author's visit to the laboratory of one of the distinguished originators of the system than in the direction of the latest news. We do not know of the Soxhlet apparatus having been on sale now for some time, and recommend for complete sterilization the Arnold sterilizer (made by Wilmot Castle & Co., Rochester, N. Y., and for sale at most furnishing stores) as the simplest and least expensive ($2.50). Full directions accompany it. For the pasteurization of milk, that is to say, for sterilization at low temperature, which we think has many advantages, we recommend the apparatus of Dr. Freeman, sold and sent by express by Mr. James Dougherty, 348 West 59th Street, New York City. Directions for use accompany the apparatus.

Early Use of the Nursery Chair.

To the Editor of THE MOTHER'S NURSERY GUIDE:

(1) Will you please tell me what you consider the best method of breaking babies of the habit of soiling napkins, and teaching them to wear pantalets?

(2) At what age should we begin to teach them? As I am a new subscriber I may be asking a stale question. S. G.

Tsing Kiang, China.

(1) The only way that we know of is this: They are most likely to pass water a short time after a meal and again after an interval. If very soon after a meal a vessel is placed at the child's seat while it lies on the attendant's lap, it soon learns to wet at that time. Of course, it may often wet in the interval, and you may have many failures, but ultimately the child learns. If the vessel is also presented a little before the time that the child usually empties its bowels, and the evacuation is solicited by applying a little vaseline to the anus (if the simple presence of the vessel be not enough), the desired cleanliness can usually be soon attained. There is no teaching required to enable a child to wear drawers —the old-fashioned pantalet we haven't seen since "before the war"—it is only a question of whether they will be soiled if worn. They would better be deferred until the habits regarding soiling napkins are satisfactory.

(2) Teaching may begin early. In England —to judge by what we read—the monthly nurse trains the baby in the way it should go.

But children of three months are quite teachable, it being understood that success comes gradually.

Persistent Diarrhœa, with Worms.

To the Editor of THE MOTHER'S NURSERY GUIDE:

We adopted eight months ago a motherless boy, then aged two years. For the previous six months he had eaten everything, and showed signs of rickets, and had diarrhœa which has persisted ever since, the bowels always moving from three to five times daily. At long intervals he has passed four round worms. The abdomen is greatly distended, hard and hot to the touch. He sleeps mostly on his stomach, but is exceedingly restless, getting up and crawling all over his crib and lying down again, crying out and moaning in his sleep. The bowels often move suddenly without his waking, and there is usually a loud report of escaping gas. They move also immediately after each meal. The motions vary, sometimes smooth and like a thin pale yellow paste, smelling very sour; again watery and like chopped eggs, bright yellow or brown and green, often of two colors and a large amount. In eight months only once has the stool been formed. In spite of all this he has increased in weight and activity, runs and climbs, but does not talk much. He has a good set of teeth. He is fed as follows:

Breakfast: Porridge, oatmeal, cerealine, wheatlet or entire wheat, with milk; entire wheat bread, buttered; soft boiled egg; milk.

Dinner: Rare steak or chicken; rice; brown bread and milk.

Supper: Cup of milk and slice of entire wheat bread. He has two teaspoonfuls of lime water in each cup of milk, and drinks about a quart during the day; also one teaspoonful Moller's cod-liver oil after each meal. He has a great aversion to meat, also to rice. Never has cake, or vegetables, or puddings, or anything sweet. Drinks only boiled cistern water.

His tongue is coated gray and his breath is often quite foul. Oatmeal more than once a week makes his face break out, but has no effect on his bowels one way or another. He has had santonine in grain doses three times daily for three days, followed by copious enema of salt water; also salt in his food at the rate of one teaspoonful daily. The only result seen is increase of diarrhœa, especially at night. We have kept the anus greased for a fortnight at a time. He has cold salt baths and rubbing; is kept out of doors most of the time; has a two-hour nap, and is in bed again by 6 P. M.

Is the diarrhœa entirely due to worms, and how shall we get rid of them? We have no reliable physician near and look to you for help.

FLORIDA SUBSCRIBER.

You have undertaken a hard matter in trying to bring a rickety child into good condition. Your management seems on the whole to be doing well. We do not suppose that the diarrhœa is solely due to the presence of the worms—if, indeed, they are continuously present—but to a catarrhal condition of the bowels which favors the presence of these parasites. You cannot, of course, be always giving drugs, but we would suggest the trial of the following: Occasionally, not oftener than once in two or three weeks, give a small dose of calomel, ½ a grain to 1 grain rubbed up with sugar. If you can procure some phosphate of soda in coarse powder, give it two or three times daily dissolved in milk—a good pinch. In addition, but not immediately after the calomel, you may repeat the santonine; but give a purge, preferably a teaspoonful of castor-oil, instead of the enema. As a tonic, try for a change, instead of the cod-liver oil, some good preparation of the hypophosphites. Fellows's syrup is found almost everywhere.

THE PORTRAIT.

BY NELLY LA RUE BROWN.

YOU give it up, painter? I thought that you would.
You say you can't paint it? Who believed that you could?
E'en though you possessed all the colors that blend
In yon bow of the heaven, and God were to lend
You Dame Nature's hand, it were useless to try
To catch the smile of a baby when angels are nigh—
For angels of mortals forever are shy.

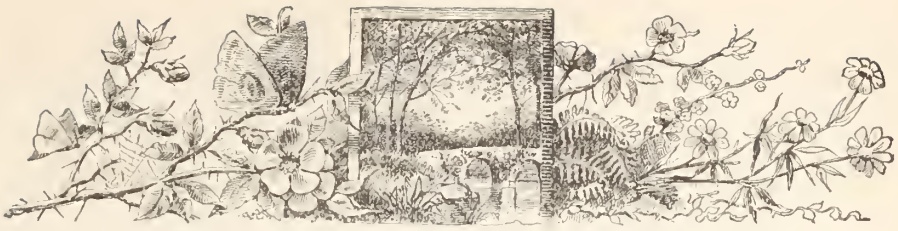
You give as a reason that he'll not be still;
You deceive yourself, painter, you haven't the skill.
Just whistle a little; he'll sit straight as a judge,
His mouth is wide open—ah! give him a nudge.
Do catch that expression, so lovely and pure.
His features are quiet—I'd rather, I'm sure,
Have you try to portray him with a look quite demure.

You ask how I like it? Your touch may be deft;
But one thing is certain, either I am bereft
Of my senses or else you have made a mistake
In the size of his nose. Now, just for my sake
Try it every bit over; I'm sure that sweet face
Never wore look so sour. 'Tis a desperate case
When Baby must cry at a likeness so base.

You say you charge extra for sitting again.
Well, let it be extra. To-morrow, at ten,
I'll drop in upon you, when sketch if you can
A portrait of Baby, of my little man.
Of course you can't do it, for one thing I know,
That when you are thinking you have him just so,
Then the dear little mischief will manage to crow.

Then paint as I see him, my own baby boy,
My treasured mosaic of sorrow and joy—
Would I were a painter! The canvas should glow
With a pink of perfection, each finger and toe;
A lily-white neck, swan-throated and crowned
With an ideal head, both shapely and round,
And a face of pure oval where dimples abound;

With double carnations for the lips I so prize,
And violets twin for the shadowy eyes;
Each cheek a ripe berry in richest of cream,
And ringlets as golden as ever the gleam
Of the maple when kissed by the first nipping frost,
Just the face of a cherub from heaven late lost—
Thus paint it, O painter, I care not the cost!



PERSONAL EXPERIENCES IN THE HOME TRAINING OF YOUNG CHILDREN—II.

BY PHILIP G. HUBERT, JR.

Children at Table.

MOST parents have probably discovered the difficulty of making children carry themselves properly at table, and there is nothing to be done in this matter, so far as I know, except to insist that the boy or the girl shall sit squarely upright. And laxity, especially with small children, soon shows in round shoulders and a distressing slouch. If a child so far forgets himself at table as to ask for anything in an improper way, with slovenly tone or manner, he not only goes without what he wants, but he has to make the request again in a clear, pleasantly modulated voice and in proper words. I confess that as to minor breaches of etiquette at table, I like better to have some play and even singing than to hear slovenly speech and to see round shoulders. And I hasten to say this before my readers exclaim, "What poor, unfortunate little children those victims of a martinet father must be!" One of my boys once declared that I believed in poverty because it gave me an excuse to make the children do some of the tasks allotted to the servants of the rich. And I was not at all surprised when a friend asked my children one day who it was that found work for idle hands, to hear them answer in chorus, "Papa!"

Before leaving the subject of table manners, let me say a word as to table-talk. If children are allowed full swing in talk at table, it is apt to become too commonplace for their elders, while too much repression makes it depressing for the children. In a large family where there are always half a dozen children at table, it seems to me that the parents may well afford to sacrifice something at meal times in order to interest and benefit the children. If it is, as is so often the case, the only regular time when father and mother meet the children, it is all the more essential that the topics brought up shall be suited to children. If it is thought that this is making too serious a matter of it and tends to spoil a child's digestion, let a part of one meal a day be given to some talk or topic suggested by the reading or walk of the day; the father or mother can review the matter and really deliver a lecture upon the subject. For instance, last night at my own table the subject was cork. I happened to need a number of bags of cork with which to line the waste spaces of a sail boat in order to make sinking an impossibility, and as our ocean beach here is rich in corks, I paid the little ones one cent a quart to pick them up; the men who go down to the sea in ships along this coast seem to devote much of their time to drinking and smoking, if we may judge by the number of corks and of cigar boxes that are washed ashore.

Mr. Squeers's system was to make a boy spell "horse" and then rub down the animal by way of illustration. We, on the contrary, gave the afternoon to picking up corks, and then came the lecture. We learned what countries cork came from, how it grew, when and how it was stripped from the trees, its uses, its cost, the difficulties of cutting it, why it floats so well and makes good life-preservers, etc., etc. A week from now, when we next pick up corks, the children will un-

dergo an examination as to what they know about cork, and I venture to say that they will know pretty much all that I do.

Some Object Lectures.

It has been objected to any systematic scheme of instruction of this sort at meals that it may become a nuisance and make the children dread the dinner bell. Dr. Blimber's famous "The Romans, Mr. Feeder," will occur to every one as a warning that may be heeded with advantage. Herbert Spencer notes somewhere in his "Education" that merely to tell a child something is to make him simply the recipient of another's observation, which weakens rather than strengthens his powers of self-instruction. For this reason I have tried to make such daily talk as was intended to teach a lesson as simple as possible. Almost all elementary books on physics now give directions for experiments that may be made at home, and several of the works published by noted kindergarten teachers afford valuable material in the same field.

In the little talk on cork, of which I have spoken, I told the children in a simple way the story of Archimedes, and how, when he discovered that a floating body displaces just its own weight of water, he jumped from his bath and ran home naked, crying out, "Eureka!" This proved rather a tax upon the credulity of the small children; they appealed to their mother who added some details and declared the story a true one. After dinner, in commenting upon it, my six-year-old girl exclaimed: "He did run home without any clothes on; mamma says so, and she used to know him." The next morning my eldest boy, aged eleven, said to me: "If I had a dish of water, perfectly full, and put in an orange, the water that ran over would weigh exactly as much as the orange, would it not?" Which showed the practical value of the lesson.

This, of course, is the kindergarten system of instruction, and experience has taught me no better. I got my first lesson in the system by what I saw some years ago at the excellent school founded and supported by the Society for Ethical Culture in New York. I happened to be there one afternoon when the lesson was on cotton. The teacher began by asking the children to take out their handkerchiefs and examine them. A few questions by the teacher made it clear that while some of the children knew that their handkerchiefs were made of cotton, very few had a notion of what cotton was, where it came from and how it had become a handkerchief. Then the teacher described the cotton fields and pointed out the cotton States on the map; there was a picture of a cotton field in bloom, with the negroes gathering the cotton; a dried cotton plant with the ball bursting was passed around the class. Then a miniature gin was put upon the table and each child worked it so as to understand exactly how the cotton was separated from the seed; a spinning machine, very crude, but showing the principle, was next brought into use, and some thread was made by the class; finally, this thread was woven in a miniature loom, and a bit of rough cotton cloth turned out. It was then shown that the stuff made by the class was really of the same nature as the handkerchiefs. It is safe to say that every one of those children knew more about cotton than half the graduates of our high schools. The time and labor required to obtain the material for this lesson—the dried cotton plant, the toy gin, the spinning machine and loom—were insignificant as compared with the results achieved. Every mother will find it an easy matter to make a collection for nursery teaching that will be a source of constant delight and instruction to the children.

The Sandford and Merton system of teaching, by talking to the children and teaching them without letting them know that they are learning, much as it has been ridiculed, has no little good in it after all. It has been of small use in this country owing to the impossibility of familiar talk between the teacher and forty pupils. At most, a party of half a dozen children can be taught in this way. It is also more of a tax upon the ingenuity of the teacher than to follow a routine plan laid down in some text-book. In thinking over

the topics that have furnished us with lessons, I may mention the following: Coal, wood, air, iron, water, salt, sugar, cotton, rubber, wool, paper, glass, spinning, weaving and spinning, heat and cold, the chief branches connected with book-making, the microscope and telescope, fire, colors, electricity, and so on through a long list. And I know nothing more interesting to the teacher than to watch the growing power of a child's mind to draw deductions from the facts he learns. Such a system tends to develop individuality in a child, for we can feed where we discover the appetite.

The Blight of the Commonplace.

When the late Matthew Arnold was in this country he was candid enough to criticise Americans as uninteresting, a misfortune for which he found some excuse in our public school system. If we look closely into the working of our public schools, it is evident that the system tends to eliminate individuality and make each child the counterpart of the standard, public-school child, always a poor standard, or at least a commonplace one. At the most impressionable age we send our children to schools where the aim is to turn out boys and girls all knowing the same thing, all taking the same view of every topic, and approaching more or less closely to a common type with which persons of education have little sympathy. Herbert Spencer, I believe, holds that there is no harm, but rather good, in allowing a child to grow up a healthy animal, ignorant of the school rudiments until he reaches the age of eight or ten. By that time he believes that the child will be less plastic, and that the influence of home surroundings will have brought out an individuality not to be effaced by the routine schooling of the next few years.

The tendency to do away with book lessons for young children seems to me a healthy sign, and with my own children I have had no compunction in teaching them to swim and to love sailing and outdoor sports before they knew how to read or write. The worst that could happen to them would be to have them turn out counterparts of the commonplace type I find all around us. The boy who at the age of twelve is a good swimmer and sailor, is fond of walking, fishing and all outdoor sports, is able to read and write, and has some love and appreciation of a dozen good books, is pretty sure to get along in whatever school he finds himself, for whatever he knows he will know thoroughly. These remarks apply, of course, to public schools and to young children, and not to the schools—mostly very expensive ones—in which a man with rare aptitude for the work undertakes the training of a score or more of boys. And yet it does not follow that because a school is an expensive one, the instruction is worth the money. Miss Brackett, in a thoughtful article upon girls' schools in a recent number of *Harper's*, says that to her "it seems sometimes that there is no profession in which there is such humbug as in that of education." It is also notorious among New Yorkers that a graduation diploma from certain fashionable schools may be considered a certificate of frivolity and empty-headedness.

Ever since my children were able to walk a mile without fatigue I have made it a practice to take them walking with me as the best way of observing their carriage, their talk, and of giving them an interest in such things as we came across. The boy or girl of twelve who pays no attention to the flowers and grasses he finds in the fields has missed something in life. In this connection I have found that the most meagre technical knowledge on the part of the parents is of value in encouraging a child to collect flowers and grasses, shells and stones, to classify them, and to ponder over their peculiarities. I overheard a boy of mine last week give his companions a lecture upon some bay leaf they happened to pick. The fact that it is supposed to possess some medicinal value, that in some parts of the country it is used to drive away mosquitoes, that it is sometimes called the candle-berry owing to the use which people once put the wax that covers the small berries it bears—all this and more he told. Evidently, the weed meant more than a weed to him.

A most excellent practice, according to my

experience in this matter, is to get the children to listen attentively to some short lecture—not exceeding five minutes—upon some plant, tree, fruit or leaf, and then repeat the next day what they can of it. This accustoms a child to listening attentively to what is said. With regard to our walks on the beach, I have found the little manual by Professor Heilprin on "Animal Life at the Sea-shore," giving a brief account of what one is likely to pick up on the sea-shore, of value, and I wish that some competent person would do the same service with regard to the grasses and wild flowers we find in our field walks.

Gardening as Exercise and Discipline.

The garden has always been one of my hobbies, and, naturally, I have tried to make my children find as much enjoyment in it as I have. From the time when my eldest boy was able to walk I have made him a gardener, to the best of my ability, and have not despaired, even when he persisted in saying that a bean he had planted produced a pea-vine that bore tomatoes. I know nothing that furnishes so excellent an illustration of the value of work regularly done and of patience than a garden. After a number of experiments in allowing children to have gardens of their own, and also to work in my garden, I have found it best to do both. If a small child takes care of a small garden, 6 feet square, and devotes half an hour to it before breakfast every pleasant day, the results will surprise and delight, not only the child, but a great many grown persons. Upon such a plot, not much bigger than a good-sized dining table, may be grown a tomato plant, if staked up, one cabbage, one egg-plant, one bean plant, one pea-vine, and little rows, 2 feet long, of radishes, carrots, beets, onions and lettuce.

For twenty-five cents a set of miniature garden tools may be bought, and after the garden has been measured, dug up and planted with the aid of older hands, all that the children have to do is to keep down the weeds and hoe up the ground. If such work is done before breakfast, it becomes a pleasure for the little ones and a constant source of study and pride. It teaches neatness and regularity, and when the vegetables—real vegetables—begin to appear, the work done demonstrates its value. In the wood-shed each child must have a certain number of hooks, and, when the breakfast bell rings, all the little hoes and rakes must be in a row. A weed in a garden plot six feet square ought to be something unheard of. After the plants are well above ground, the morning work can really be done in ten minutes, and the children can then take a row in the big garden to hoe up. Most of us have an idea that weeds spring up in the night and grow to be a foot high by noon. As a matter of fact, they do nothing of the kind. If the children give ten minutes a day to their gardens, a weed will be a curiosity.

To parents who know and care nothing about gardening, the wisdom of giving a child a taste for it may appear doubtful, and they may argue that not one child out of twenty will have an opportunity in after-life to gratify this taste. The discipline, however, is the essential thing to be looked for: the habit of regular work, even if but for a few moments; the cultivation of patience in looking forward for months to results; the habit of neatness and order. If a man acquires a love of gardening by this early training, all the sages of antiquity uphold the taste as one to be glad of. Although the busy city man may never have more than a back yard, 10 feet square, those who have tried it know what wonders can be done with such a plot. Village dooryards and city windows are rich fields for the display of good gardening too little improved upon in this country; indeed, their neglect is remarkable when compared with the number and beauty of miniature gardens in England, France and Germany—often the result of work done at odd moments by very poor people, whose days are spent in the shop or factory. The very fact that my children will probably drift away from the country life I love to the greater money rewards of town life, is all the more reason why I should do my best to teach them, while little, what pleasure is to

be found in a fertile piece of earth as big as a dining table.

When Grubbing may be Hurtful.

Real labor in the garden, such as the weeding out of long rows of vegetables, is apt to discourage a child with gardening, and I have never attempted to make my children do anything of the kind. My own love of gardening is, I imagine, inherited from grandparents, to whom their gardens were, even in extreme old age, a source of comfort and pleasure. Upon the other hand, my father's distaste for anything connected with a garden is quite as strongly marked, and he can find no better explanation than that as a child he was made to work beyond his strength at weeding and grubbing. When quite a little fellow of five or six I remember that my grandfather made me cut out, with a knife, the grass that grew between the bricks in a long brick walk that divided his garden in the middle. The work required weeks—in fact, the grass began to peep up again at one end of the walk before I had reached the other. It was tiresome, monotonous work, for which I could not then and cannot now see much purpose. I had a little chair upon which I sat in the sun and cut and scraped away. To this day the sight of a brick walk is a distasteful one, and had I been required to do similar grubbing in the vegetable plots, I should, in all probability, have acquired an aversion for what has been for years one of the pleasures of life to me—a garden.

In making children work their little garden plots, it will soon become evident that, as in every other employment and task given them, it is necessary to spur them up by constant supervision and encouragement. Perseverance is one of the virtues that have to be most sedulously cultivated in children; it is certainly not born in them. This necessitates a pretty constant "following up." But it is really not a tremendous task upon the part of the parent to keep an eye on his children when doing his own half hour of garden work before breakfast. It is also easy to take a turn of five minutes after breakfast in order to see that all the little tasks set the children have been faithfully performed, and in case of neglect to devise some small penalty. Merely to tell a boy that he left his hoe in the garden instead of hanging it on its proper nail in the woodshed, is simply to encourage him to greater carelessness; he feels that some one else is looking out for him, ready to remedy what he neglects. My plan is to hide the forgotten hoe or rake and make the child do the work the next day with a blunt stick. The lesson is learned at once. The five minutes' tour of my house and grounds will show me at noon every day if all the tasks allotted to the children have been done. The gardens must be glanced at; in the woodshed everything must be in order; the chicken house must be cleanly swept, there must be water in the pans, and the food must be properly taken care of. The swill and ash pails must be empty and in their places near the kitchen door. The coal and wood boxes must be full. There must be no rags, papers or sticks around the place, back or front. In the house all the rooms must be "made up," and the toys and books in perfect order. And if there is a dead leaf on the front porch, my six-year-old girl is taken to task for it.

To any one who may imagine that such constant supervision in minute matters is irksome to the parents, or that the work itself requires hard labor upon the part of the children, I will say—try it for a week. All that I have laid out for my children can be accomplished in one hour, including half an hour's gardening before breakfast. Taking another hour five days a week for lessons, we have about ten hours a day left for play and meals.

OUR RELATIONS TO OUR NEIGHBORS' CHILDREN.

BY A. M.

THIS problem, ever fresh and almost disheartening at times, comes to all of us mothers daily. From my experience of many years, perhaps I may throw some light on its solution.

So long as we have children of our own, the question is much simplified. The slight matter of losing our fruit or flowers, having paths trodden across our lawn, or fire-crackers and mudballs on our sidewalk or doorstep, fade into mere nothings beside the injury to our children's morals and manners, and even health, by neighboring children whom we in our wrath would gladly consign to reform schools. We cannot take matters with a high hand like the natives of Nantucket, who tried and exiled an obnoxious summer boarder. We must meet the problem right here on the ground, daily and hourly, and many a tired mother with the chance of an hour for some special purpose sacrificed to mounting guard, so to speak, over backyard or playroom, will testify that the most wearing hours of her life were caused by the neighbor's children. We have also the other side of the problem to solve, the making of our children into acceptable "neighbor's children"—children who will be a boon and not a bane to society.

But to return to the first problem, for we feel much more competent to deal with the second. I have brought up my children "between the upper and the nether millstone," so to speak. Two boys very nearly the age of mine, wild, lawless and profane, addicted to many vices and upheld by fond, admiring mothers—I have to thank those boys for hours and hours of hard work and watchfulness. But I conquered in the end, and have now none but the kindest feelings toward them. The result of my experience with them is this: Never despair; never succumb to circumstances and let things go as they will. Many an otherwise good boy has been turned into a lawless reprobate by just this failure of courage in those who should have helped him to find his better self. When you decide on a course which in your judgment is best, hold to it without fear or favor, never speculating whose father or mother or doting grandmother you may offend. Your children's welfare should be your first concern, and no sensible people are permanently offended by a straightforward, impartial course. I was amused one day when a lawless boy, getting over my fence, said to his equally lawless companion, "You've got to behave when you're in this yard!" "I'd like to know why," responded the other. "Because she'll send you home if you don't," was the ready answer. I was well satisfied with my reputation. And yet I kept on perfectly friendly relations with those boys and their parents, except for an occasional spurt of indignation from one or the other. The boys not only respected my authority, but I believe really liked me. The secret of it all lay, for a great part, I think, in the fact that though I kept a firm rule over my own lands, I was not continually "nagging" them, as boys would say, and our house and yard were made a pleasant playground to them.

A little feast, however simple, under the trees, adds greatly to the cheer of a company of little boys and girls. Children, almost quicker than grown people, see through attempts to curry favor; but straightforward friendliness they never confuse with this. The subtle in-

fluences of manner, the general tone of things, I believe, are more quickly and acutely felt by children than by grown people. They see through hypocrisy and despise it. A strong, honest, friendly person who enforces obedience is sure of loyalty and, generally, of affection also. In this connection, I remember a lady once saying to me, "I wish I dared to treat the children who come into my yard as you do those in yours. They all like you, and you never seem to offend them or their parents. But you know my position is different as a minister's wife. Some are children of our parishioners." My answer to her was, "Minister's wife or not, I should do as I do now. I should never call in my children when the neighbors' children annoyed them in their own yard. These neighbors' children, whether parishioners' children or not, are under my rule in my own yard, and in that yard they do not stay one moment after they refuse to obey that rule, nor make my yard an unpleasant playground for my children. Parishioners are human beings and must be measured by the same rules that apply to all of us. Straightforward, impartial justice works best in the end." But my words fell on incredulous ears. Her children continued to leave their play and retreat to the house before a small boy's malicious tormenting, while this same boy, this same summer, was often in our yard with children of the same age, never giving me a particle of trouble and instantly stopping when I did not approve of any of his actions. I do not wish to say this in the least in self-glorification, but only as an apt illustration of the two systems tried on the same boy.

Now, in regard to our various ideas for the education of our children, we very probably entirely differ from our neighbors, unless we are fortunately in some exceptional community. It would be very delightful if a whole neighborhood should combine for the health, happiness and education of the neighborhood children; but one is much more apt to have a neighbor like the lovely Mrs. B., exquisite in muslin and lace, from whom I received the following answer when I apologized to her for having reproved her boy: "Oh, Mrs. Q., do not disturb yourself, I never know what my children do." Or we may have the unique experience of my friend in a Western village. She was taking care of her then small children in the yard one day, when a pair of long arms reached over the fence and a baby was safely deposited on the ground. About an hour afterwards the mother of the baby appeared, saying with entire nonchalance, "Mrs. X., I wanted to go down town this morning and seeing you taking such nice care of your children, thought one more wouldn't make any difference." Now, as a general thing, our neighbor's children are not put bodily into our hands by one act. Our fortress is stormed by slow approaches, and by almost imperceptible degrees we find ourselves the possessors of our neighbor's children. And it is right, in a measure, that it should be so, for no child brought up alone or simply with one's own family is likely to be a harmoniously developed child. A child needs the companionship of these outside children; the friction, so to speak, of their personalty to round off sharp corners and develop generosity, charity, self-control, and, indeed, all the moral qualities, even more than we need the friction of other intellects to aid in our own intellectual life.

So the neighbor's children come of necessity and come to stay. The problem of their education is in a measure involved in that of our own children, and a portion certainly of our educational measures must be adapted to varying groups of children, not to our own alone. As the amusements of children furnish a good part of their education, we must provide such as will foster healthy life for mind and body.

I have found one great aid in fostering this healthful life, for both indoors and out, is a good supply of tools and materials for manual training, anything which will give play for knife, pencil or scissors. The opportunity to make something is always entrancing to children. Giving merely the means and allowing the creation to be theirs, gives play to the ever-varying fancy as well as to the

inventive genius of childhood. I have never seen happier groups of children than those seated round some workbench, in that paradise of children—a delightful "clatter" of shavings, chips and sawdust. When our dining-room was nearly ankle deep with chips one stormy winter day, and filled with a happy crowd of neighboring children, one boy said to me, "Don't I wish my mother would let me make such a mess in the house." Their house, very much finer than mine in all ways, had no room where the children felt free in their play, and freedom is indispensable to the real happiness of childhood.

Of course, our means for amusement in our neighborhood of children must vary with the children's tastes; and the multiplicity of games and sports of all kinds furnish never-ending variety and enjoyment, if freely given to the children among appropriate surroundings. I have always maintained that in early years, certainly under the "teens," they should not differ for the sex. I have always thought that if boys were brought up more like girls, and girls more like boys, the world would grow much more satisfactorily. My boys and girls in their childhood played with the same rag dolls, with corn silk hair and bead eyes; climbed the same trees and fences; carried on the same battles with asparagus berries; sailed the same toy boats, and in the winter built snow cities and forts together. And through all this I never dreaded the girls becoming "tomboys," the horrible fate which some proper mothers hold up to girls who have physical vigor enough to enjoy physical life. As a result, girls, as well as boys, share immunity from headaches and other earthly ills, and can go through the work of the world in the joyous vigor of health. So do not make your yard a place of artificial proprieties and restraints, but a place where your neighbor's children and your own can have vigorous, healthy bodily development. And in all this remember that the great salvation lies in the healthful play of all our faculties, for the old adage, "Satan finds some mischief still for idle hands to do," is as true now as in the long ago.

And this brings me to another point. In the reading with which you supply your children, have an eye to their companions also. Do not feel you have done your best if you merely supply them with "St. Nicholas," "Wide Awake," "Youth's Companion," and the various other children's periodicals, good as they are, but if possible have a shelf of children's books, a resource for your children and their friends, if they gather around your fireside on a winter day, or rest in the languid heat of summer in the shade of your trees. It does not take many; a dozen of the best, read over and over again, as they will be, are a great resource. A child's book that is worth reading once, brings an added pleasure on second perusal. It was interesting to me to see how, for a whole winter, a group of three little friends revelled in the fun of Palmer Cox's "Brownie Book"; and "The Boy's Handy Book" was the constant reference for an inventive group of children for a whole year. Many more that I might name have brought joy and occupation to a whole neighborhood of children. The houses where reading aloud to the children is usual, and where the visiting child joins rather than stops the reading, soon become educational centers, if the books are not sensational stories, but books that really make life richer, and of which there are an abundance suited to children's needs and tastes. Tales of exploration and adventure, of history and science, are now contained in many books delightful to the young, and tastes for a lifetime have been developed by such reading. A circle of little friends who have learned to enjoy such occupations, are helping themselves to become men and women of some use in the world, while the same group giving their time to purposeless rude jokes, comments on their poorer companions, or querulous longing for something to do, are preparing themselves neither for this world nor the next.

THE MOTHERS' PARLIAMENT.

Holiday Work for Little Hands.

—Children cannot learn any too soon that "it is more blessed to give than to receive," and nothing will impress the joy of giving more distinctly upon their minds than the preparation of little articles to be given to those they love. With some such special object in view, their manual training goes on in a right way; that is, their work is a pleasure and not a task.

The friction caused by children being obliged to do that which they dislike or take no interest in is as wearing to their physical and mental natures as to an adult's. If they are patiently assisted and guided in their work there are many pretty and useful little things that baby hands can make. A pen-wiper which is in daily use was made by a little three-year-old for her papa. A 2-inch strip of velveteen was cut off, about 20 inches long, and this worked on the edge with yellow silk, then gathered up to lie curled around, and a little bunch of yellow cord sewed in the middle, where it was drawn up.

A garment of gentleman's cloth may be utilized in different ways if the goods can be turned. Take a cup and let the little one mark out a circle with it on the cloth with a piece of French chalk; then cut two smaller circles, each graduated. These may be button-holed with silk, or, if the child is too young to do this, it may be simply over-cast. Mamma can buy a toy animal, or a piece of artificial fruit and sew on the top; or if the child can outline, mamma may write out the words: "Papa, from his loving Edith, Xmas, '92," and stitch by stitch the precious words will grow and become more beautiful to the eyes of love than any letters of gold.

Various articles may be made from a chamois skin. Cut a piece in some fancy shape and get the child to draw a leaf or a flower upon it, and then with a few water-colors, it can be painted. The autumnal tints of the leaves will be fresh in the child's memory. A pattern can be stamped and its outlines traced with a small pen and carmine ink. These little gifts may be spectacle-wipers, pen-wipers, nail-polishers—the recipient of each gift deciding its nature.

Almost every mother will know how to fasten four pins in a large spool and make a little knitting machine, dear to childish hearts. White mending cotton may be used to knit a long coil and then it can be sewed round and round to make a table mat. A few minutes' work every day and the rope will grow—and how delighted auntie will be with her mats. White lace fulled around the edge makes a pretty finish.

There is no end of delight taken in making scrapbooks for brother and sister and little cousins. Let the children do all the work and so learn to handle scissors, brush and paste. Pretty sachet bags made of ribbon, a ball of string in a crocheted holder, pin-balls, a book of "funny" pictures made for papa to laugh over—there are so many things you will think of if you once turn your attention in that direction. A package of colored tissue papers and a bunch of green wire for stems will produce wonders in the flower line, and mats and balls can be made by the smaller children.

If a child can handle a needle well, a very novel and handy gift may be constructed out of a worn shoe of Baby's. Gild the shoe all over and put in a ball of twine, pulling the end out through the hole in the toe (of course, Baby's toe has worn through), and cover the top with material suitable for a pincushion, stuffing beneath with fine cut woolen. A similar little shoe may be fitted up with needles and thread, buttons, etc.

Whatever work they attempt, have the children begin in good season, that they may have time to do their things nicely and without the hurry and worry of a limited time for accomplishment.—*Jessica Wolcott Allen, Terryville, Conn.*

Systematic Sight-seeing. — If one afternoon in a fortnight were set apart for the purpose of a short excursion, with the definite end in view of discovering or observing or visiting some particular object, whether in city or country, think of how much would be accomplished in the way of sight-seeing, which, if left for "a convenient time," that is, an unappointed date, is never done at all. Allowing for unfavorable weather and other possible disturbing circumstances, there would be, in a year, say, twenty excursions, each bearing results of interest and value. They need not involve more than a trifling expense, in some cases none at all; and as to time, only such time as would necessarily be devoted to *something*, and why not something systematic as well as hap-hazard?

Acting on this theory I undertook some time ago to ensure my little folks a certain amount of sight-seeing which I knew they would enjoy and profit by. Residing in a suburb of New York City, my husband and I have often realized how many places there are which our children should visit, not only for the information they would gain as to the special place, but for the wide association of ideas that each visit would bring concerning similar things; and we made a beginning with the Natural History Museum in Manhattan Square, on the west side of Central Park. We found that for little ones of a maximum of eight years the single floor devoted to birds was quite enough to occupy the time of one visit. Indeed, a single glass case was sufficient to keep one little pair of sharp eyes riveted for a quarter of an hour. Now, what one sees in this world depends entirely on his powers of observation. A Darwin or Lubbock or Agassiz sees nothing that has not been seen ten thousand times before him; but he sees it in a different way, and it opens worlds of wonders. So one of our little party would see in the details of color or form or plumage of one of the astonishing collection of stuffed birds before us what another would not, and *vice versa*; and we were soon charmed to notice how admirably our plan was working, and how the main point of our visit, the developing of a *taste for observing*, was being accomplished. It would be pleasant to recite the full story of the hour spent on that floor, but space does not allow, and I can only say that in that one visit so much was noticed that it has been a text for constant allusions ever since, and that it whetted the appetite for a second trip, which proved more profitable than the first, because things were now seen more intelligently. Another visit then was appointed for the floor devoted to stuffed animals, and another to the collection of shells, etc. By this time the little minds were beginning to think out for themselves what a museum—of which they had often heard—really was, and what time and labor must have been expended by somebody, or a good many somebodies, in getting together from so vast an area, and classifying and arranging so beautifully, one or more specimens of each interesting thing; further, they were not too young to appreciate the boon of this marvelous exhibition being free to all.

Lest the reader should suppose that a system of advanced education was being formulated for infliction on helpless subjects, I will state that our next trip to Central Park was for recreation pure and simple. It consisted of a sail on the lower lake in the swan paddle-boats, a ramble along the Mall, a ride in a goat carriage, a visit to the cave, and then a return home lest toddling feet should get too tired. Another visit of recreation was to follow, to comprise the menagerie alone; but lest the Park should become monotonous, a break was made by letting the next excursion consist of a visit to Trinity Church steeple.

To old folks this may sound like a commonplace "excursion." But we all have had to see everything for the first time, and a look at the big bells on our way up, and all the arrangements of the clock and the chiming apparatus, holding our ears as we watched the latter in operation at one of the quarter-hour intervals, well repaid the interested tourists, young and old. And there is no denying that our little girl and boys have a more intelligent idea now of what a city is, having seen its busiest streets and largest

buildings and semicircle of docks from that aerial observatory, than they would have attained in years of ordinary travel through it.

Next, we paid a visit to Cooper Union Library, not with the vague idea of visiting a public library, but with the specific purpose of spending half an hour over a large illustrated volume of great interest to all of us, which *Pater* had first assured himself was there. Incidentally, the children were interested in the idea that so large and commodious a room was devoted to books and newspapers, for the free use of all; and now, when an allusion is made to a public library, no explanation of it is needed, especially as we stopped a moment, after we came out, just to take a look in the Astor Library around the corner. That evening papa gave an interesting description of the great library of ancient Alexandria, ending the story with the tragic account of its loss; and as we are a family of book-lovers, even little four-year-old was impressed with the calamitous character of the event, and all were anxious to know if the Cooper and Astor Libraries were fire-proof.

A visit to an ocean steamer—one of the largest—came next. It is hard to omit a full description of the wild enthusiasm of our party, as every detail of this floating wonder was examined; but we must pass on. The High Bridge proved an enjoyable shrine. Papa joined us by appointment and surprised us with a rowboat, after we had supposed our excursion ended, and took us under one of the great arches, where it seemed as if little throats would never tire of inventing noises for testing the echo. The great Washington Bridge was, of course, included in this trip; and I am sure that no pictures or accounts of bridges and arches could expand these little minds as did the sight of the eyes on this occasion. We have in reserve a walk across the great suspension bridge to Brooklyn, which we intend to make deliberately enough to examine it and see if we can understand the statement made at the opening ceremonies, that there was no known science of the present day that had not entered, more or less, into some detail of its construction.

I need not describe the remaining half-dozen of the excursions we have made, nor the dozen we have planned, as I have said enough to illustrate my purpose. If these trips had not been made *systematically*, perhaps some, or possibly all, would be made some time or other, but most of them I fear far in the future. We are making our hay while the sunshine of childhood, health, and various other favoring conditions exist. I am indebted for this idea of doing things by system to the article by W. P. Garrison in THE MOTHER'S NURSERY GUIDE some time ago, entitled "The Nursery Time Table," and have learned how much may thus be accomplished which would otherwise not be done at all, though always anticipated. I should add that not all our trips are designed for sight-seeing. Within a short distance of home we can take numerous walks to woods and fields and brooks, and these little excursions are certainly more profitable for the variety we have had in our other trips.

Of course, not all families are so situated that cities may be easily visited. But there are many things to be seen of equal interest near every one's home which frequently are not visited at all. How common it is for visitors to be told, on inquiring about some special thing of interest in the vicinity: "Oh, it's right across there, a short distance; but we've never been there." In many cases we visit specially years afterward what we might easily have seen near home.—*J. D. D., Tremont, N. Y.*

Information about Story-Books.

—Some months ago an American mother told us through your columns of a book which her little three-year-old had enjoyed greatly—"Prince Dimple and his Every-Day Doings." I had had so much difficulty in finding nursery literature for my twin boys that I was glad to hear of a book which some other mother could recommend. I sent for the book, and my boys are so fond of it that we call "Prince Dimple" the "third twin." A month ago an American friend brought me a second volume, no less delightful than the first—"Prince Dimple and his Further Doings." I do not know whether Prince Dimple's mother is

most to be congratulated or envied for having the ability to keep such a record of her baby's doings. I am sure little Prince Dimple is a BABYHOOD baby (since the change of name must we say NURSERY GUIDE baby?), he looks so happy and healthy. If his mother should see my letter I hope she will accept my thanks for the many happy hours she has given my little ones.

Wouldn't it be a good plan for NURSERY GUIDE mothers to speak of the books that they find are enjoyed by their children? It is so hard sometimes to know what to get. I want to tell you, too, that my boys are BABYHOOD children, and have never known a sick day in their lives. The magazine is doing a good work among English as well as American mothers.—*Mrs. E. G. Wood, Newcastle-on-Tyne, England.*

Reflections on the Fate of that Pin.

—I read with some amusement the experience of "A Devoted Reader" in the July number. I would like to give the advice of a cousin who raised a family of children. If a child swallows any sharp object, make it take at once the white of an egg, without beating; this will coagulate around the object and assist in its safe passage through the intestinal canal. I remember his using it successfully in one instance where his oldest child swallowed a screw-eye from a picture.

I would like to utter a word of protest against those physicians who seem to think it a part of their profession to frighten a young mother when occasion presents itself. When danger can be avoided, by all means let them warn against it; when an accident has already happened, let them try rather to assuage than to increase the alarm naturally felt. By the time a mother has brought three or four children successfully through the first few years of life she understands that they can commit numerous alarming infringements upon the laws of nature and still survive; while she is gaining that experience it is needless cruelty to work upon her fears. I never worried over any of my five babies as over my first, when all was such new ground to me. I am fortunate enough now to have a physician who always makes as little of any accident or illness as he truthfully can, and many times he has relieved my mind by so doing. I would that all were like him.—*A. C. B., Lancaster Co., Pa.*

A Rest Hour for the Children.

—Mrs. A. gave a sigh. Could it be that two-year-old Teddy was fretting again? Had she not given him toys enough to busy ten such wide-awakes? Rover stood waiting for another frolic, the shovel and pail lay temptingly on the sand-pile, yet this small boy cried, and did not know what he cried for.

"Oh, how thankful I am that we live near the electric line," she exclaimed. "Kate, do get on your hat and take Teddy out on the cars. He will be quiet for a few minutes at least."

Teddy off, Mrs. A. looked up. "Three o'clock, and Teddy will not be back till four. I will run over to Mrs. B.'s."

Mrs. A. found Mrs. B. in her quiet sitting-room that overlooked the children's play ground. "I am so glad you have come," she exclaimed, rising to greet her guest. "The children are out so much this pleasant weather, that I am often alone. But I see it is nearly time for them to come in for their 'rest hour.'"

"Rest hour?" repeated Mrs. A. "Yes," laughed Mrs. B. "We are very lazy people here, we imitate our kindergarten friends and take a 'rest hour' of fifteen or twenty minutes, both morning and afternoon." Seeing the look of interest upon her friend's face, she continued, "You see, if the children play too long, they are irritable, simply because they are *too tired*. Blossom is too old for a nap at noon when Toddles takes his, but she needs a relaxation quite as much as he."

"I send Teddy out on the cars instead," said Mrs. A. "I could never get him in to rest." "Not if you offered some inducement? I do not give the children many toys at a time, and few are used in summer. A new one for each day, that requires no exercise or movements, is all that is necessary to

make Toddles sit as quiet as a mouse, and Blossom curls up in her papa's easy chair with a favorite doll or book. Flushed faces become cooled, busy little feet rested, and when they dance away again, there is a greater appreciation of the amusements offered by Mother Nature. They are excitable, and I have to keep them quiet here at home."

"Do you mean that they never go out?" asked Mrs. A.

"Oh, no! I have no such strict rules, but it is a treat seldom enjoyed, to go down town, and the three or four trips taken in either railroad or electric cars, though so full of enjoyment, have made them so nervous and irritable for the remainder of the day that I had to forbid any more such excursions and provide other delights. The noise and bustle of the cars tires me; how much more it must excite the brain and weary the body of a little child."

While Mrs. B. had been speaking, Mrs. A. sat self-condemned. She realized the truth of her friend's argument, as she applied it to the case of her own dear boy. Thoughtless she might have been in the past in giving him too much excitement and too little rest, and she resolved in her mind upon beginning from that moment to follow Mrs. B.'s example. "Teddy needs me, I must go," she said, rising hastily; "but not before I have thanked you, dear Mrs. B., for the lesson you have taught me to-day."—*B., Oakland, Cal.*

CURRENT TOPICS.

Reading Aloud.

As a source of pleasure few employments equal that of reading with some congenial companion. When she lends "the beauty of her voice" to high poetic thoughts or to the instructive volume, or with gay accents brings out the flavor of the humorous and quaint conceits of others, how intensely we enjoy, how thoroughly we appreciate. With little pauses for criticism and exchange of opinion, we go on page after page, bringing fresh pleasure to our literary *tête-à-tête*. And ever after, the story or poem has for us an added charm. Years may elapse, yet, when we see again the book, our memories recall the scene of its first perusal—the vine-shaded piazza, with the summer sounds and scents; or the snowy day, when a "tumultuous privacy of storm" inclosed us as in a sanctuary; or the long winter evening, when the lamp's glowing radiance and the bright fire enhanced our comfort, and mind and body were equally soothed and delighted.

Some women neither know nor care for this delightful pastime. They fancy that a special training by a teacher of elocution is essential to fit them for the proper rendering of the thoughts of others, and that it is not worth while to attempt to gain the accomplishment, as they have no special aptness for it, ignoring the fact that reading aloud is one of the talents to be secured by a judicious investment of the great talent of time. Clear and distinct enunciation, a well-trained eye, and ready comprehension of the author's meaning are essentials easily acquired, and the practice of this delightful accomplishment gives so much pleasure that it is recommended as an important contribution to that happiness which every loving heart would fain bring into the lives of others. To read to the dear ones who are weak and ill, to the sufferers in hospitals, and to aid those whose eyes are failing as the long shadows of life's afternoon cloud their brightness—these are blessings which we can easily be-

stow, and by which we are ourselves enriched. —*Harper's Bazar.*

Careless Habits of Bathing.

THERE is something almost startling in the way in which mothers often leave weak points unguarded in the care of their children. A certain boy of eight was constantly suffering from slight attacks of illness. First, he had a hard cold, which kept him out of school for several days. Then he had the jaundice. Then he had the earache. His mother one day questioned in regard to the cause of the difficulty a friend who had brought up a large family and who had a reputation for "faculty." The wise woman inquired closely concerning the child's diet, which seemed to have been, in the main, satisfactory. He was allowed plenty of sleep. He was properly clothed and was not overworking in school. The matters of exercise and fresh air were not neglected.

"How do you bathe him?" asked at last the friendly mentor.

"Oh," responded the mother with little interest, as though a bath were of small importance compared with the other details which they had been discussing, "I really don't pay much attention to his baths since he has grown old enough to bathe himself. He takes two baths a week just before going to bed."

"How warm is the water?"

"I really don't know. Pretty warm, I fancy. Most children like it so."

"And how long does he stay in his tub?"

"Oh, perhaps a half or three-quarters of an hour."

This mother was startled to be told by her friend that her son's baths were probably killing him. When their temperature was reduced nearer to blood-heat, and he was allowed to stay in them not more than ten minutes, he rapidly grew strong and his illnesses became slight and rare.—*The Congregationalist.*

A Monograph on the Cholera.

THIS little book ["Le Choléra"] is the very latest and one of the most lucid and trustworthy. Its author is well known and respected among the leaders of science, and it contains material collected as late as August, 1892. Although written especially for French conditions, its intelligence and its warnings are full of value to us. The preface describes it truly as a work of practical hygiene, representing researches and opinions in relation to cholera control originally presented to scientific bodies and now set forth in abstract for the benefit of municipal authorities, upon whom rests the possibility of perpetuating or abolishing "the unhygienic horrors in the midst of which we live without protest." But as, particularly with us, laws and regulations unsupported by popular opinion can be enforced with difficulty, such studies should be taken to heart by every intelligent citizen, who, in turn, should become a propagandist of the gospel of sanitation. . . .

The destruction of the cholera germ itself depends upon its inability to withstand 212 degrees F., to live in an acid medium, or to survive certain other germicides, the most important of which is corrosive sublimate. Heat and acids are as serviceable for private families as for the public. It was long ago published as an empirical fact that acid drinks guard against cholera, although the guard may be forced. But this was neither generally known nor believed. It has now been determined by exact experiment that very slightly acidulated fluids kill the comma bacillus, and the frequent immunity of well-fed persons of good digestion appears to rest upon the natural acidity of the gastric secretions. Certainly, as herein advised, the habitual use of about six grains of citric acid to a pint of water, as an ordinary drink in the presence of cholera, not only destroys stray bacilli in the water itself, but fortifies the stomach against attack in that direction. Wherever groups of people work together the management should supply them with this cheap and pleasant beverage. A very dilute mineral acid has the same good effect.

But to be clean! to be clean! to be clean! is the burden of the book. Cleanse the mouth, the nose, the skin, and, above all, the hands,

and use for this purpose, as well as for drinking, only disinfected water. Keep the body warm and well nourished. Cut short the preliminary painless diarrhœa. Be always scrupulously clean, and for the sake of others disinfect all emitted fluids.—*The Nation, reviewing "Le Choléra," published by Rueff & Cie., Paris.*

Songs for Girls.

A YOUNG girl with a sweet voice went to her music master for a song to sing at her graduation, with the entreaty that he should give her a simple song "without a word of love in it." The good taste of her request is worthy of comment in these days, when we hear girls scarcely in their teens singing songs of emotion and passion, many of them songs that are without sentiment or poetry, even when sung by those of more years.

To those looking for ideal songs for young girls, a musician of much refinement recommends some of the songs of Stevenson; two little songs called "Clear and Cool" and "I Once Had a Dear Little Doll, Dears," by George Henschel; Cowen's music to "Snowflake," by Longfellow; and an old song by Osgood called, "A Flower May Hide its Lovely Face." "Resignation," "Morning Song," "Evening Song," "There is a Reaper," "Mourn Not," and "In Distant Lands," are some of the songs by Mendelssohn said to be admirably adapted to thoughts of girlhood. Other songs of high musical rank, with poetic texts, are "The Water Party," "The Complaint of the Rose," and "Eventide," by Robert Franz.—*H. H., in the N. Y. Evening Post.*

Invitations to Children's Parties.

THE acceptance of an invitation to a children's party or fête is a pledge to the hostess that by kindness and courtesy the invited child will do all in his or her power to assist in making the party a happy and successful one. Any lapse from this would mark a child as unamiable and ill-bred. Invitations to a child's fête, certainly if it is to be *en costume*, ought to be sent out at least two weeks in advance and so worded that those invited may know the kind of fête intended. The hostess may also suggest the kind of costume desired. Small stationery, with suitable design in the corner, is preferred. If the party is not to be too large, and the child is able to write neatly and legibly, invitations written by the young host or hostess are best. The following invitation directs the costume of the guest:

> *"Miss Belle Carter will receive her friends from Fairy Land on Wednesday evening, August the Tenth, from 4 to 8, at 'The Lilacs,' Lakeview Avenue. Will you kindly costume as 'Stella, the Star Fairy.'"*

The guests shall decide what fashion of costume will suit the request of the hostess, or it is quite proper to consult her with reference to the matter. The mother's card should be sent in the same envelope with the invitation. —*Mrs. A. G. Lewis, in The Ladies' Home Journal.*

Use and Abuse of Public Institutions.

TO provide for the orphan is, no doubt, one of the first things that Christian philanthropy should look after, but it should be borne in mind that the proportion of helpless orphans in any community is necessarily small. The cases are comparatively few where there are no relatives to care for children bereaved of their parents, whose pride would revolt at the suggestion that such children should become objects of charity. And in cases where relatives are unwilling to do their duty, it is a grave question whether it is good public policy to relieve them of it. Instead of leaving so many things to charity, it might be well to compel the nearest relative in such cases to give bonds for the proper performance of his duty. A sensible review of the facts compels one to the conclusion that while the work is one of the most urgent, it is from the nature of the case one of the most circumscribed of Christian charities. There is really more danger of doing too much than of doing too little. There are many orphan asylums in this country, as well as in England, that are seldom or never filled to the measure of their

capacity, and have greater resources than they know how to use wisely.—*The Examiner.*

Early Lessons in Overcoming Difficulties.

THE home has been compared to the ship-yard where the vessel's construction is slowly and painstakingly elaborated step by step, so that the structure may be able to outride the strains and disintegrating tendencies that are sure to attack it later, just as the growing human organism is built up, under fostering influences, by the gradual incorporation of helpful habits and useful physical reactions. Self-control and transparent honesty in the parent are as essential as obedience and self-reliance in the child. "He that will have a cake of the wheat must tarry in the grinding." The child does not exist who can grow up natural or healthy without a fair share of wholesome neglect and judicious exposure. Few realize the tremendous risk of over-caution and over-attention. A youngster is invariably happier with few and simple play-things than with a multitude of complicated toys.

There is no such good fun or good training as making one's self useful, and it is cruelty to deprive the child of this pleasure and stimulus. Let the brain and body be trained through hand, foot and eye. Dump a load of sand into the back yard and let the children roll in it. Give the boys a carpenter's bench; encourage the girls to do housework. Where possible, let both boy and girl have a little garden-patch, if only a few feet square, and the care of a few plants. A woman in her home, a man in his garden; this seems to be a fundamental type from which we can not entirely depart without risk to body and mind. The training of the muscular reflexes should go hand in hand with the cultivation of simple, natural, beneficent reactions in the higher planes. Cheerfulness, sincerity, industry, perseverance and unselfishness may be acquired by practice and constant repetition, as much as the art of correct speaking or of playing the piano, and are far more necessary to health. How often is a physician hampered in his efforts to help some sufferer because the latter has never acquired the art of obedience, or because he can not tolerate a tongue-depressor or swallow a pill or any unpalatable mixture, or take milk or some mainstay of diet; or because he can not be left alone, or sleep in the daytime, or wear flannels, or sit still, or bear pain, or use his muscles, or take in certain classes of facts or ideas! These and similar peculiarities, which are a formidable hindrance to the physician and may be a matter of life or death to the sufferer, can usually be prevented by a little care or overcome by proper training. They are often the result of carelessness or over-indulgence or that kind of cowardice which instinctively avoids the disagreeable, instead of facing a difficulty fairly and conquering it.

The children of the poor, in spite of many drawbacks, fare better in some respects than those of the well-to-do. They often respond better to treatment when they are sick; they are at least not deprived of that contact with their fellows and struggle for existence which is absolutely essential to health; whereas, the children of the so-called higher classes are too often educated in sensitiveness and false and hurtful views of life, not always by precept or example, but by force of circumstances. A colleague, who is intimately acquainted with the physical condition of some eight thousand children, taken from the worst classes in New York, who have in the course of several years passed through a public institution under his care, says that they improve so much, after having enjoyed for a few months the ample diet and simple and regular life provided, that their physical condition compares favorably with that of any class of children in New York.—*Popular Science Monthly.*